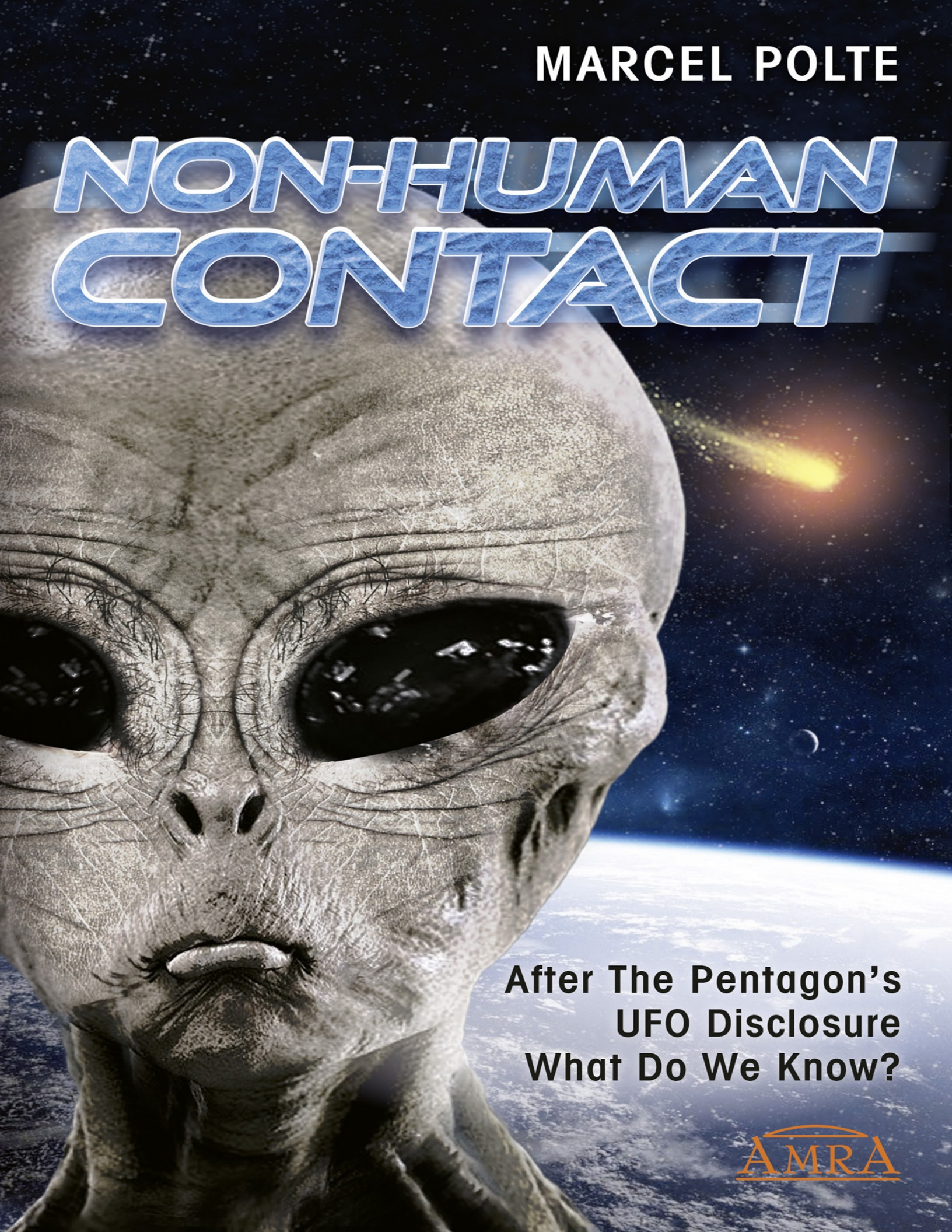
MARCEL POLTE

# NON-HUMAN CONTACT



After The Pentagon's
UFO Disclosure
What Do We Know?

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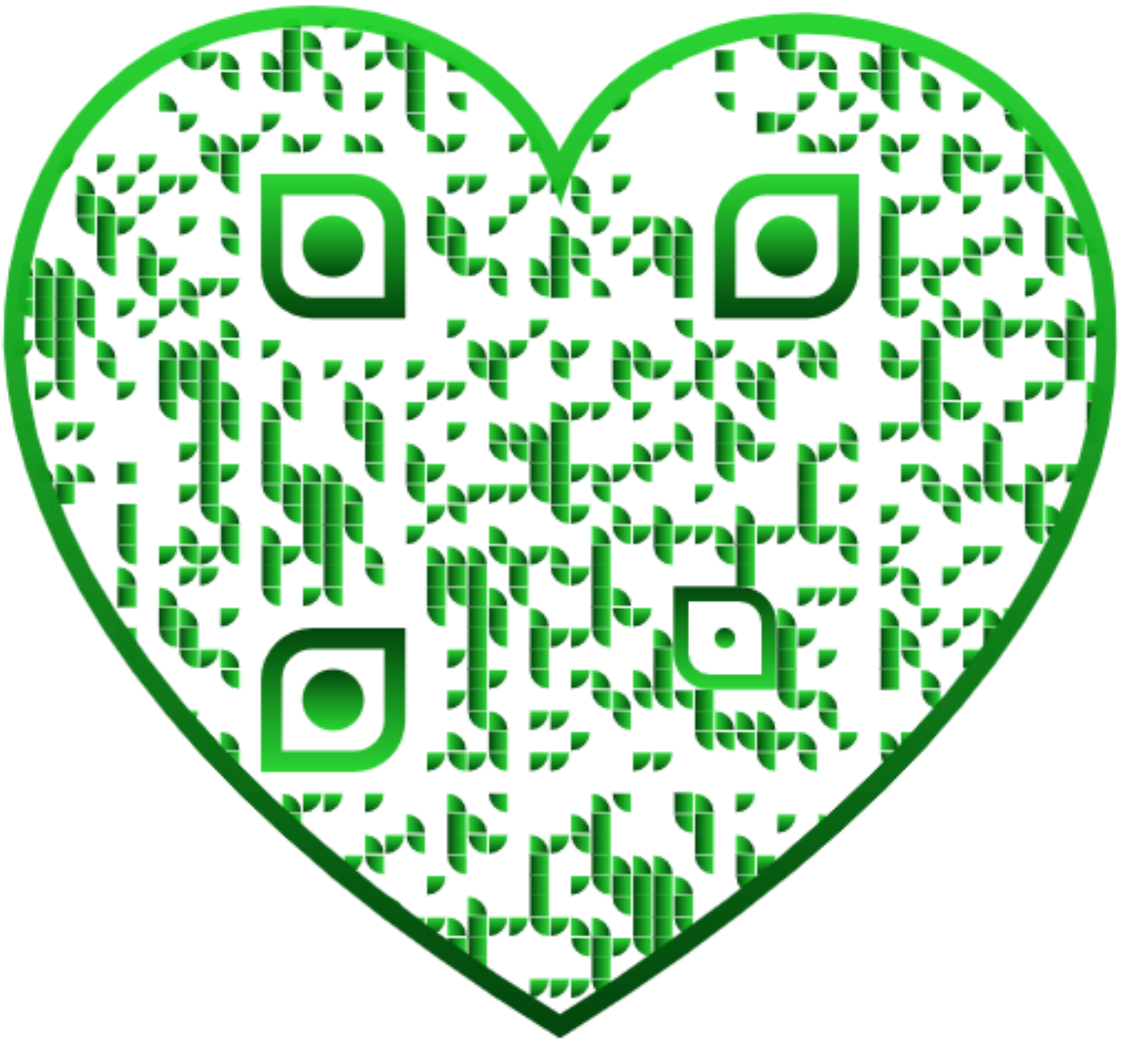

**Marcel Polte**

# Non-Human Contact

## After The Pentagon's UFO Disclosure

## What Do We Know?

With forewords by

Kathleen Marden
- Researcher, Author, and International Lecturer -

and

Robert Fleischer
- Founder of Exopolitics Germany -

AMRA

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## Foreword by Kathleen Marden

Rarely does a UFO book attempt to explain consciousness and paranormal phenomena scientifically. Most mainstream scientists scoff at the notion or relegate it to their »highly improbable« circular file. Yet the fearless scientists at the Dr. Edgar Mitchell Foundation for Research into Extraterrestrial and Extraordinary Encounters (FREE) are exploring this long taboo subject matter. Moreover, Dr. Marcel Polte, a FREE member since 2015, has advanced our understanding of non-human intelligence in his extraordinary book *Non-human Contact*.

FREE's cofounder, the late Dr. Edgar Mitchell, was the sixth person to walk on the moon and founder of the Institute of Noetic Sciences. He devoted his life to the scientific investigation of consciousness and paranormal phenomena. It was his personal experience, on his trip back to Earth on the Apollo 14 flight, that fortified his interest in the reality of telepathic communication. He informed the public that extraterrestrial visitation is real, but government agencies, dating back to the 1940s, have orchestrated a massive cover-up involving the E.T. presence.

FREE was the brainstorm of Reinerio Hernandez, JD, MCP. He was suddenly thrust into a reality shattering experience on Sunday, 4 March 2012. A self-professed material rationalist, Rey ridiculed anyone who believed in paranormal phenomena and the study of consciousness, until a miracle occurred at his home. The family's aged Jack Russel Terrier suffered paralysis, possibly caused by a stroke on March 3, and arrangements were made to euthanize her when the veterinarian's office opened on Monday morning. A devout Catholic, Rey's wife had been praying for divine intervention. She lovingly carried her failing companion down the stairs and into the living room, where in the corner, she observed the apparition of a small, translucent, silver disk hovering four feet above the floor. Believing that her prayers might be answered, she fell to her knees and called for her husband in the upstairs bedroom. When he failed to respond to her pleas, she ascended the stairs and insisted that he follow her to the living room. In the

living room, Rey, now highly perplexed, witnessed his wife and dog disappear before his eyes. Momentarily, he observed what he calls »a plasma energy being« that appears to have rendered him unconscious for 45 minutes. When he regained consciousness, his wife was proclaiming that the angels had healed their dog, who was now running agilely around the house. This was the first of several paranormal experiences for Rey and his wife. For additional information see *Beyond UFOs: The Science of Consciousness and Contact with Non-Human Intelligence*.

I met Rey in May 2013, when he and his wife attended a UFO conference where I was a speaker. As Rey recounted his experience to me, his enthusiasm was apparent. The former skeptic was now convinced that their dog's miraculous healing was UFO related because his wife was having follow-up close encounters with UFOs.

He was searching for answers and I informed him of the results of my first small study, with Denise Stoner, on 50 experiencers of ET abduction and 25 participants who had never observed a UFO or had contact. I had read reports pertaining to several academic studies on experiencers that had been undertaken at universities, so I developed my questions accordingly, to test the consistency of their findings with my own. Denise Stoner, my coauthor on *The Alien Abduction Files*, and I had conducted this year-long study to identify commonalities among experiencers that were not common among the general population. We had discovered 23 commonalities.

Later, Dr. Don C. Donderi, a retired psychology professor and statistician at McGill University, joined our team at the Mutual UFO Network for a two-phase study on 516 experiencers. It expanded our knowledge base on the many characteristics that experiencers share and identified, as a separate group, those with »UFO Abduction Syndrome«. We discovered that abductees have certain common characteristics at a higher rate than the overall survey group. For example, being awake at the time of the abduction and observing non-human entities occurs at a higher rate among the abductee group: 60% vs 36% overall. Close encounters of craft at 500 feet or less and family witnesses to the event occur at an increased rate among abductees. An astounding 45% state that they have been healed by the non-human entities, whereas this is true of only 10% of the survey takers in general. Spirituality,

psychic growth, and becoming empathic occurs at an increased rate among abductees. The results of our findings are discussed in my latest book, *Extraterrestrial Contact: What to Do When You've Been Abducted*.

In 2014, Rey made the decision to undertake an ambitious multi-national study of more than 4000 experiencers and invited me to join FREE's Board of Directors and to work as a research consultant to FREE's Experiencer Questionnaire. I accepted his invitation and worked on the development of the study with FREE founder Mary Rodwell, Dr. Leo Sprinkle, Barbara Lamb, et al. Dr. Rudy Schild, took the helm as FREE's Executive Director, enabling Rey to more efficiently handle the day to day operations at FREE. Dr. Schild is an Emeritus Research Astronomer from the Harvard-Smithsonian Center for Astrophysics and a scientist who is not afraid to voice his opinion. In 2018, I contributed a chapter to FREE's 785 page book *Beyond UFOs: The Science of Consciousness and Contact with Non-Human Intelligence*.

These were exciting times, indeed, to be involved in UFO contact research. Later, many additional academic scientists joined FREE as a result to the tireless efforts of Rey Hernandez.

Marcel Polte, a lawyer from Germany with a penchant for astrophysics and an alternative practitioner for psychotherapy and hypnotherapy, joined FREE in 2015. He began to correspond with me in 2016, to compare my research findings, on experiencers and the paranormal, with his own research. Scientifically oriented researchers, we independently advanced a common objective: to move beyond material science for the acquisition of data and knowledge as it pertains to contact phenomena.

An article on the front page of the *New York Times*, on 16 December 2017, took me by surprise. Titled »Glowing Auras and ›Black Money‹: The Pentagon's Mysterious UFO Program«, respected journalists Helene Cooper, Ralph Blumenthal and Leslie Kean wrote of a secret program, at the Pentagon, funded through the Defense Intelligence Agency, to study the US Navy's radar footage of mysterious aerial objects that moved at high velocities, with no visible signs of propulsion, and hovered with no evident means of lift. We learned, later, that the craft, referred to as Unidentified Aerial Phenomena, made nearly impossible turns, ascended and descended

vertically, in an instant, hovered silently in place for hours, traveled in squadrons, and flew into and out of the ocean. Scientists cautioned that we should not assume that the phenomena are of extraterrestrial origin. They must be studied carefully.

Having researched the US government's archival records, it became apparent to me that we were back to square one. In the mid to late 1940s and early 1950s, the US government had undertaken several studies of flying disks. By 1952, the ATIC had documented 4400 flying disk reports and had investigated 1593, assigning them to various categories: Balloons, Aircraft, Astronomical Bodies, Other, Hoaxes, Insufficient Data, and Unknown. At the end of the study, 26.94% were categorized as Unknown meaning that they did not conform to the characteristics of identified phenomena and were not known to originate on Earth.

Project Blue Book Special Report #14 was the largest scientific study of Unidentified Aerial Objects (UAOs) ever undertaken by the US Air Force. The Battelle Memorial Institute's work began in March 1952, and the report was completed in May 1955. They examined 3201 UFO cases and provided more than 200 charts, graphs, tables and maps. All reports were categorized as Aircraft, Balloon, Astronomical, Psychological Aberration, Insufficient Information, or Unknown. No sighting could be listed as Unknown unless all four scientific analysts agreed that it was a true Unknown. At the end of the scientific study, 21.5% of the 3201 cases were deemed Unknowns. The probability that the Unknowns were just missed Knowns was less than 1%. A Chi Square analysis indicated that 35.1% of the aerial object observations in the Excellent Quality Group (close encounters, trained observers, greater length of observation, etc.), were deemed true Unknowns, whereas only 18.3% of the Poor Quality Group were categorized as Unknowns.

Despite the scientific value of this remarkable study, U.S.A.F. Secretary Donald Quarles released the following statement: »On the basis of this study, we believe that no objects such as those popularly described as flying saucers have overflown the United States. I feel certain that even the Unknown 3% could have been explained as conventional phenomena or illusions if more complete observational data had been obtained.« His statement was a blatant deception and a shining example of the cover-up, perpetrated by the US

government for the past 70+ years. Today, we must ask, »Will the truth be told this time? Or will another attempt be made to obfuscate the evidence and mislead the people of the world?« (See *Fact, Fiction, and Flying Saucers* by Stanton T. Friedman and Kathleen Marden)

My years of study and investigation have solidified the following hypothesis: UAOs, UAPs, paranormal phenomena, contact and consciousness are all part of the same phenomena.

*24 September 2019*
***Kathleen Marden***
*UFO and contact researcher*
*Author of 5 books*
*International lecturer*

## Foreword by Robert Fleischer

The phenomenon of so-called »abductions by extraterrestrials« is truly not an easy one. Most scientists would not touch that subject. Neither can it be reliably reproduced in the laboratory, nor are there any measuring methods that would provide unambiguous information about the content of truth in statements made by those allegedly affected. As a result, there are relatively few publications with a scientific claim to the abduction phenomenon.

As a journalist who works for a large media company, you usually do not come into contact with the topic, since it plays virtually no role in reporting, in the world of politics and science. If a report on this should find its way onto the news ticker, it is all too easy to dismiss it as an isolated case, a tragic example of how delusions can bring a person to the edge of existence. I, too, had heard very little about abductions when in June 2007 I founded the citizens' initiative Exopolitik Deutschland (Exopolitics Germany), which, among other things, promotes the dissemination of reliable information about the UFO phenomenon and the associated aspects. But that was about to change. In April 2009, I attended the *X-Conference*, a UFO conference in Washington D.C., together with my Danish exopolitics colleague Frederik Uldall. At the final press conference in the venerable National Press Club, a surgeon named Roger Leir appeared alongside Apollo astronaut Edgar Mitchell and Milton Torres, a former air force pilot with UFO experience. He reported that he had located foreign objects in the bodies of several suspected abductees.

The man on the CNN camera to my right and I looked at each other in amazement when Dr. Leir began to present photos. They showed strange objects, only a few millimeters to one centimeter in size, which Dr. Leir had operated out of the bodies of those affected. He had already surgically removed a total of seven such objects, he explained. They were all surrounded by an indeterminable biological substance - difficult to cut with a scalpel.

Then a scientist named Dr. Alex Moser stepped up to the microphone.

The expert for material analysis had carried out various measurements on one of the objects. When Dr. Moser gave a detailed account of his findings, the CNN reporter, who had appeared astonishingly calm up to then, also dropped his jaw: The object had obviously emitted radio signals as long as it was in the body, namely on the frequencies 14.749650 Megahertz and 17.68658 Gigahertz. Subsequently, Dr. Moser showed results of an energy dispersive X-ray spectroscopy.

The images revealed strange crystalline structures and nanotube-like carbon filaments that do not occur in nature. According to Dr. Moser, such structures must have been artificially produced with considerable effort. »So we assume that we are dealing with something technical with this object«, was the cautious conclusion of the materials analysis expert. Further investigations are undoubtedly necessary to find out more.

When Dr. Moser finally stepped down from the lectern, he left all the journalists gathered in the room, including myself, speechless.

By chance, a few hours after the end of the press conference, I suddenly found myself in front of the ZDF (German public television) foreign studio in Washington. »Shouldn’t the German public be informed that such research results are being discussed in America«, I asked myself. Of course, it was clear to me that the chance to sell my film material about »alien implants« here was virtually zero. Nevertheless, I spontaneously decided to try and rang the doorbell. I was politely welcomed.

But I did not even get to put in my tape. Because when I explained what it was about, I was just as politely complimented out again with the sentence »We’ll pass it on to Mainz [location of the ZDF studio].« The research results of Doctors Leir and Moser were probably not even revealed to the Mainz men [cartoon characters created by the ZDF].

I had expected that reaction of my ZDF colleagues. Nevertheless, this incident revealed to me the difficult situation that abduction research is in: there is virtually no media coverage of it, because there are too few tangible facts to be found on the radar of a mainstream colleague. And once they do show up, it’s better to ignore them. Because they do not fit into the prevailing social consensus in Germany that there are *no* UFOs, *no* aliens and therefore of course *no* kidnappings by the latter. And if someone should seriously

claim to have been abducted, then he or she must certainly have lost his marbles.

Pensively, I returned to Germany. How would it be possible to take away people's fear of the »maximum strangeness« and prepare them for the possibility of making contact with extraterrestrials while at the same time, quite a number of affected people report disturbing, traumatizing, sometimes extremely painful experiences? From now on I followed the developments in the field of abductions with greater attention and increasingly worked on them. But at first I had a hard time with a publication. Only after the death of Dr. Roger Leir in 2014 did I decide to publish his presentation from the National Press Club in German. The entire video, which lasts about half an hour and contains the research results mentioned above, is now viewed almost 280,000 times on YouTube.*

From then on, letters from those allegedly affected began to accumulate. I receive e-mails almost every month from people who claim to have had such experiences. They are people of different origins, religions and ages, people with all possible levels of education and from all possible social classes. The only thing these people have in common is their conspicuous reticence about what they have experienced. Most of the time, they do not want their experiences to go public.

This circumstance alone should alert sceptics, who often accuse alleged abductees of merely trying to attract attention with their strange stories. Almost always, the people who write to me merely indicate what happened to them without going into detail, and ask me if I can't find someone who knows something like that.

For years, I didn't really know how to deal with such requests. Although the UFO research organization MUFON-CES had a psychologist on its team for a while who dealt with patients, they had to fill out a long questionnaire beforehand – a hurdle that only a few patients were willing to take, since they were not interested in becoming a study object, but simply wanted to process their experiences. I was accordingly happy when one day the hypnotherapist Dr. Marcel Polte contacted me.

Since then, I have a permanent contact person for inquiries from possible abductees and have been able to forward several cases to him. Dr. Polte is

more familiar with the international state of affairs in Germany than almost anyone else and has excellent connections with research organizations in Germany and abroad. With this book he makes an important contribution to the scientific debate in this field. Not only does he summarize the key findings from the specialist literature, he also supplements them with current case studies from his own practice and gives consideration, for example, to the possible motives of the strangers or the paranormal aspects associated with them, without being dogmatic.

You don't necessarily have to agree with every thought one hundred percent to find his book interesting. As the author convincingly presents, weighty reasons speak for the reality of the abduction phenomenon, and it is time to acknowledge and explore this.

Like hardly any other phenomenon, abduction experiences also point to a larger, unknown reality that we are just beginning to understand. May this book help us to be more open to the mysteries of the universe, to transform our primal fear of the foreign into curiosity, and to prepare ourselves for the moment when we all realize that we are not alone in the universe.

*Leipzig, February 2018*
***Robert Fleischer***
*Founder of Exopolitics Germany (www.exopolitik.org)*
*Publisher of ExoMagazin.tv - the magazine for freethinkers*

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* You can find it at https://www.youtube.com/watch?v=Se5DkifWMDE.

## Introduction

*Dear reader*,

Maybe you read already in December 2017 in the *New York Times* or *Washington Post* about the Pentagon's secret UFO program AATIP. Or, later on, you have seen on CNN or Fox News the UFO videos filmed by U.S. Navy fighter jets. You may have also heard in June 2019 about the classified briefings of former President Trump and several U.S. senators on the subject. At least, you will be aware of the extensive media coverage of the 2021 Pentagon report on UAPs (unidentified aerial phenomena).

Either way, you might now want to know what this is all about. What is behind the so-called UFO-phenomenon? One thing is clear after all these astonishing developments. The phenomenon cannot be ignored any longer. Against this background, this book is trying to provide you with some legitimate answers. You will learn about facts that you would never have expected to be real, even in your wildest dreams.

Now, take your time to absorb and process the information that I present in the following. I have tried to structure these unusual facts in a logically comprehensible order. Previous knowledge is not required.

One should actually think that, under these premises, every reader should reach the same conclusions – which would be:

1. UFOs are a real phenomenon.
2. There are thousands of contacts with non-human intelligent beings.

Unfortunately, things are not that simple. Understanding these events is not a question of intelligence. The problem is not on a cognitive or mental level. The reasons why some will find it difficult to acknowledge certain facts and their consequences are much deeper. They are based on dogmas embedded in our subconscious that we have been taught since our earliest childhood. The enormous task of each individual is thus to overcome these traditional, loved but false beliefs. One of these dogmas could be: *There is no such nonsense as*

*UFOs*. Another could look like this: *Aliens don't exist. And if they do, they're far away*. These dogmas are not based on facts but have been communicated to us by our environment – by parents, teachers, the media, science and all the external influences that make us who we are.

The problem we are facing is therefore comparable with the concern of Albert Einstein in 1905, when he published his Special Theory of Relativity. Not only the general public, but also the scientists at that time were of the firm conviction that time would pass equally fast in every place and for every living being in the universe. There had to be some kind of universal clock. People age at the same rate and at which place and under which conditions I read my watch does not matter either.

Ultimately, however, these everyday experiences deceive us, and the underlying dogmas or – as Einstein calls them – »thinking habits« are wrong. Time is NOT absolute. A clock on the viewing platform of the Empire State Building does not run as fast as an identical clock on the ground floor of the building. This minimal difference in time flow cannot be measured with conventional clocks. However, successful experiments were carried out with atomic clocks, which were carried in passenger planes and resulted in a corresponding difference in the time flow of the clocks. What is important is only the basic finding that results from certain experiments and the physical formulas: Time is RELATIVE. It depends on the location where the measurement is done (more precisely: on the strength of the gravitational field at this place) and the state of motion of the observer who measures time. Acknowledging that two twins may actually age at different rates under certain circumstances (which are difficult to implement in practice), because time passes at different rates for them (if, e.g., one of them takes a fast trip around our solar system), was an enormous challenge. It took many years until not only laymen but also physicists could give up their entrenched thinking habits and integrate the relativity of time (and space) into their new world view. Nowadays, Einstein's groundbreaking findings are well documented. Take GPS navigation as an example: It would be useless without taking the relativity of time into account.

So why am I writing this book right now on such fantastic sounding topics as UFOs and contacts with non-human beings? Because I am

optimistic about the chances that together we will succeed in leaving such outdated dogmas behind us. What justifies this assessment is the solid factual basis on which the two conclusions mentioned above are based. Discussing the existence of UFOs? Time's up for this. There is no room for interpretation when thousands of witnesses, radar records, official documents and various physical traces unequivocally document certain events. That is why I am not trying to convince you or even want you to believe me. As my friend and colleague, the journalist Robert Fleischer (www.exopolitik.org), aptly remarked in an interview: *UFOs are not a matter of faith!* This must all the more apply since 16 December 2017. This date marks a paradigm shift. On this day the *New York Times* reported for the first time on a secret UFO investigation conducted by the Pentagon (»*Glowing Auras and ›Black Money‹: The Pentagon's Mysterious U.F.O. Program*«). What followed is a UFO disclosure campaign which is unique in our history. I will outline the most important aspects of this astonishing process later on.

As you will see, it is not necessary to be a »believer«. It's all about understanding the subject. And this is not only true for the well documented UFO phenomenon but also for the crews of the unidentified flying objects. Now, the time has come for the public to find out: Thousands of contact experiences with these beings have already been examined and a clear picture emerges from this.

Why is this so important now? The question is quickly answered. On one hand, after even mainstream media has accepted the reality of UFOs, the crucial follow-up question asks for an explanation of the UFO-phenomenon. On the other hand, you just have to look around: Wars, nuclear threats, unprecedented religious conflicts and terrorism, possible climate change, unequal distribution of wealth, streams of refugees and, last but not least, a continuing and irrevocable destruction of our environment. It is undoubtedly clear to all of us that something must change dramatically if we intend to survive as a species on this planet Earth. No president and no religious leader will be able to persuade the whole of humanity to change their minds. The necessary change can only happen from within ourselves.

And in my opinion this can only be achieved by one thing: *Understanding*. The recognition of where we come from, where we go to and

how precious and unique our human existence is. We can only reach such a realization if we give up our arrogant overestimation of ourselves. We must realize that we are *not* the rulers of other people, of animals and of the planet Earth, which is our fragile habitat. What could be better suited to bring us closer to this urgently needed humility than understanding that we are not alone in this universe but share it with other life-forms – including beings who are technically and intellectually far superior to us.

Anyone who has not dealt with these topics before will be surprised that alien intelligent life does not only exist hypothetically somewhere in the infinite vastness of space. Non-human beings are in constant contact with us, and this has possibly been the case since the beginning of mankind. That this is no science fiction is now beyond doubt, but only a few people are aware of it. In the following, I will therefore present, in a first step, an evaluation of the facts that have been collected in around forty years of research in the field of contacts with non-human intelligence. After this, I will present the results of my own investigations in a comparative examination. The protagonists of this unusual and bizarre story are a strange species which researchers named the »Greys«. There’s a good reason for this choice (although other beings have been reported as well). It is precisely these little grey figures with their huge heads and big black slanting eyes who appear again and again in the thousands of abduction reports by those affected. My own research has confirmed their frequent appearance.

I would like to take this opportunity to thank all the persons who have contacted me in recent years to tell me about their unusual experiences and, with my support as a researcher and hypnotherapist, to find out more about it. I have always regarded this as a cooperation based on mutual trust and I am very grateful for the many valuable findings. These have repeatedly confirmed my path and made me move forward. Therefore, I hope that the information gathered in this book will finally give those affectted the understanding and appreciation that they have always been denied due to prejudice and ignorance.

Although this book focuses on contact experiences with Greys, I would like to emphasize that Greys are not the only non-human strangers that have been reported. A number of different entities seem to exist. In my own cases,

for example, there has been an extraordinary accumulation of reports concerning certain reptilian beings. The whole thing went so far that several times a direct communication with these beings took place in my sessions. Another example are the »blue men« which Dr. Ardy Sixkiller Clarke describes in her latest book (*Space Age Indians*), which contains more than a dozen accounts of people that encountered this species. For the sake of clarity, however, I have decided to leave out these data. The subject of UFOs and alien contacts is quite complex. As most of the data collected during the last 40 years refer to the Greys it is challenging enough to give a consistent picture of this species.

Besides, there are other phenomena in the context of UFOs that are way easier to get a grip on. These are paranormal phenomena and capabilities that cannot be explained with our current knowledge of physics and biology. In addition to telepathy and telekinesis, this applies above all to the human ability to obtain information about distant places, people or events by psychic means (remote viewing). The existence of this phenomenon shakes our scientific understanding today in a similar way as Einstein's insight into the relativity of space and time did more than a hundred years ago. One should be aware that even after all this time we still do not know what time actually is. Neither do we know the underlying mechanism of remote viewing. But there's another parallel between these two that should surprise most readers: The existence of remote viewing has now been confirmed just as reliably as Einstein's theory of relativity. This is due to the fact that this psychic ability has been researched and applied by U.S. intelligence services for decades.

Actually, it had been the scientists working for the U.S. military and the CIA/DIA that coined the term »remote viewing« and developed a method to train and apply this psychic ability. All this – unlike the UFO case – is quite easy to prove. We do not only have the statements of the former military remote viewers and the scientists involved, thousands of previously classified documents on the remote viewing project have also been released and are now freely accessible. Therefore, I dedicate one chapter to these important insights which show us crystal-clearly that our traditional world view contains enormous gaps. I hope that by reading this book, doing your own research, and many hours of contemplation, you will succeed in filling in at

least some of these gaps.

A special thank you goes to my old friend Arnold Banerjee, who reviewed the English version of this book. Your support is well-appreciated!

*Bad Homburg, June 2021*

***Marcel Polte***

# 1 THE UFO PHENOMENON

*»It is an intelligence that provides enough evidence that something profoundly important is at work, but it does not offer the kinds of proof that would satisfy an exclusively empirical, rationalistic way of knowing. It is for us to embrace the reality of the phenomenon and to take a step toward appreciating that we live in a universe different from the one in which we have been taught to believe.«*[2]

Prof. John E. Mack, 1994

## UFOS IN THE MEDIA

Once upon a time there was a UFO. Nobody liked it, nobody wanted it … one mocked it, one chased it away, one even denied its existence. But it kept coming back. People became curious and some of them began to ask questions. The kings didn't like that at all and forbid them to talk about the mysterious UFO. With all sorts of tricks they tried to distract their subjects from it. They invented new, even more fantastic stories and threw the worst UFO rebels into a dark dungeon, because something had to be prevented at all costs. This one thing that frightened them more than enemy armies and violent storms that devastated the land: It must never happen that the people questioned their royal power … because there was possibly something out there that even the kings could not explain and was superior to them.

In this or a similar way, childlike language could be used to describe how governments and the media have dealt with the UFO phenomenon over the last seventy years … until December 2017. When UFOs were mentioned in the media before that date, it was usually not a serious coverage. The reports often resembled a satirical pamphlet. The structure of those reports often followed a typical pattern. To create a certain entertainment value, a mysterious UFO sighting was first described. With narcissistic satisfaction, a

(correct or false) scientific explanation was then presented, ranging from illuminated drones, comets, flares, satellites, LED balloons to the planets Jupiter and Venus. And if there was no conventional explanation available, the end of the story could still be kept open with a mocking undertone (»maybe it was the famous little green men …«). In any case, there was no doubt for the reader or viewer that any thought of an extraterrestrial background of such sightings is absolutely ridiculous and unacceptable. UFOs don't exist. That's it. And there can't be any UFOs because media has (almost) never reported a »real« UFO sighting. So why should this change all of a sudden …

It is indeed true that most sightings of mysterious lights in the sky can be easily explained. After all, human perception and the human mind can very easily be deceived. Thus, the flickering light of the planet Jupiter behind a moving cloud cover at night is quickly perceived as an object that seems to be moving in the sky while radiating strongly. Such dubious »sightings« are not worth reporting at all. The fact that this happened nevertheless reinforced the view among the population that »real« UFOs do not exist. If we assume, as will be shown below, that not only UFOs but non-human intelligent beings indeed exist, this makes such reporting – to put it mildly – extremely questionable. Finally, according to its mandate, the press should be interested in providing the public with *facts*. This is all the more true when the facts are as exceptional as they are significant for mankind.

## EVIDENCE

It really does not take any investigative journalistic talent or even scientific training to realize that the evidence for unusual flying objects in our skies is simply overwhelming (even before the campaign started in December 2017). This book is not aiming at proving the reality of the UFO phenomenon.

Since the U.S. mainstream media, in the meanwhile, have accepted the existence of UFOs there is no need for that. Furthermore, anyone can convince themselves of this fact by means of freely accessible, serious sources. The reader can find a conscientious compilation of important UFO cases on the internet at www.das-ufo-phaenomen.de (German internet page

but mostly English documents and documentaries); further evidence is available at https://siriusdisclosure.com/evidence/ for example.

For his or her own research I would like to give the reader a little help in the form of the following facts. They are all worth a closer look and should have been part of our common knowledge for a long time – just like other important political or historical events. But even most journalists who write about the topic are not familiar with these things. One must therefore ask oneself how serious reporting on the UFO topic is (was) possible on such a deficient information basis. Why don't you test yourself to see if you're aware of some of the most important facts about the UFO phenomenon?

1. *Are you aware* that many countries (including France, the United Kingdom and the United States) maintain or (officially) maintained UFO investigation authorities?

2. *Are you aware* that since about the middle of the last century there have been dozens of well-documented UFO cases in which military and/or civilian witnesses have visually observed objects with extremely unusual flight characteristics, while at the same time they were detected on airborne and/or ground radar?

3. *Are you aware* that on 13 March 1997, hundreds of witnesses in the vicinity of Phoenix, Arizona, saw an aircraft carrier-sized object floating slowly and silently in the sky, and that the then Governor of Arizona, Five Symington III, admitted about ten years later having observed this object at close range – although he had ridiculed the subject at a press conference in 1997?

4. *Are you aware* that between 1989 and 1992 thousands of Belgians were observing unusual flying objects over their country and that the Belgian military was unable to find an explanation for the phenomenon after an intensive investigation into the incidents, including the use of fighter jets in order to intercept the UFOs?

5. *Are you aware* that UFOs have been sighted several times near nuclear installations of the U.S. military and that precarious malfunctions of the missile launch facilities occurred during these sightings?

6. *Are you aware* that in 1999, high-ranking French military officials and

scientists published an investigation report on the UFO phenomenon (*UFOs and Defense: What Should We Prepare For?* the so-called COMETA-Report) which comes to the conclusion that the so-called extraterrestrial hypothesis is the most likely explanation for the UFO phenomenon?

7. *Are you aware* that in 2001, at a *Disclosure Project* press conference at the National Press Club in Washington, D.C. more than a dozen former military and government officials and pilots publicly testified about their UFO sightings and further knowledge of the phenomenon?

I can only advise everyone to do their own research on the questions listed above, which make up only a fraction of the total material.

Of course, you should always be skeptical, especially when doing research on the internet, as it is often difficult or impossible to check the reliability of the source. Documents that can be accessed directly at official government sites, or recordings of press conferences and interviews with prominent witnesses, such as Arizona's ex-governor Five Symington, are particularly helpful.

The starting point for research in this field are observations that have increasingly been made since the middle of the last century. Especially after the first atomic bombs were detonated by the U.S., objects whose appearance and flight characteristics were incomparable to anything ever seen before were frequently spotted in the sky and on radar. Countless sightings were made over U.S. territory in particular, which not only alarmed the population but – in times of the Cold War – also the U.S. military. That's how the UFO phenomenon was born. It is known that as a result, the United States Air Force established a division called *Project Blue Book* (formerly *Project Sign/Project Grudge*) to record and investigate such sightings. Captain Edward Ruppelt was head of the *Project Blue Book* from 1951 to 1953. He gives an authentic and objective description of this particularly exciting time for the U.S. military in his 1956 book *The Report on Unidentified Flying Objects*. But not only the USA, also other countries – including France, Great Britain, Chile and Argentina – set up UFO investigation authorities. The reason for this was that the phenomenon became strikingly present and often seemed to affect national security or aviation safety.

In addition to regular waves of sightings (like in Belgium), there have always been convincing individual sightings (e.g., the case of Japan Airlines flight JAL 1628 on 17 November 1986 over Alaska), and the mantle of silence or disinformation was often placed over both. An example of how German media dealt with this topic was provided by Harald Lesch in 2016 in a *Terra X* episode (German popular science TV show) on the subject of extraterrestrials. There, Professor Lesch claimed that the Belgian wave of UFO sightings can now be explained: it had just been Belgian military helicopters. What a blatant tall story! How stupid would the Belgian military be if during its investigations it had simply forgotten to think of its own formation flight? Instead, the Belgian military had specifically asked the NATO allies and especially the Americans whether they had carried out secret test flights over Belgium. In the end, the military leadership even held a press conference and admitted in unprecedented openness that the objects observed were *not* a conventional phenomenon and that the military has absolutely no explanation for it. In addition, the poor investigation for the *Terra X* episode on UFOs is revealed by two facts: First, the observed objects were described as noiseless, and they demonstrated flight maneuvers that a helicopter could not have performed. Second, the then commanding Chief of Staff of the Belgian Air Force Major General Wilfried de Brouwer, now retired, had explicitly rejected the helicopter thesis put forward by skeptics in the 2010 book *UFOs* by investigative journalist Leslie Kean – as well as in an interview from 2014 – and reaffirmed that the Belgian military found no explanation for the sightings over Belgium even after intensive investigation.[3]

Skeptics also liked to ignore the authenticity and standing of the eyewitnesses (before the December 2017 paradigm shift). Since the press conference of the *Disclosure Project* in 2001, the number of high-ranking UFO observers from the military and government has steadily increased. These include, for example, General Parviz Jafari of the Iranian Air Force, NASA astronaut Gordon Cooper and John Callahan, former Division Chief of the Accidents and Investigations Branch of the FAA, to name but a few. If you want to know more about this, you can read the testimonies of numerous witnesses in Leslie Kean's book *UFOs*. Also, the Apollo astronaut and sixth

man on the moon, Dr. Edgar Mitchell, who died in 2016, publicly announced that he had been informed about the existence of UFOs. In addition, there are hundreds of other witnesses, mostly former members of the military and employees of secret research projects. The website of Dr. Steven Greer's *Disclosure Project* provides access to testimonies that last more than several hours.[4]

And there is not only witness testimony when it comes to UFOs. A number of previously classified documents that are dealing with the UFO matter are now freely accessible. A well-known example is the so-called Wilbert B. Smith memo from 21 November 1950.[5] The radio engineer Wilbert Smith headed *Project Magnet*, a UFO investigation program of the Canadian government's Department of Transport. In this »Top Secret« document from the Department of Transport, Smith notes the following:

> »I made discreet enquiries through the Canadian Embassy staff in Washington who were able to obtain for me the following information:
>
> a. The matter is the most highly classified subject in the United States Government, rating higher even than the H-bomb.
> b. Flying saucers exist.
> c. Their modus operandi is unknown but concentrated effort is being made by a small group headed by Doctor Vannevar Bush.
> d. The entire matter is considered by the United States authorities to be of tremendous significance.
>
> I was further informed that the United States authorities are investigating along quite a number of lines which might possibly be related to the saucers such as mental phenomena (…)«[6]

I have insider information that Smith was communicating with Admiral Herbert Knowles. Both discussed not only the UFO phenomenon but also the topic of direct communication with extraterrestrial beings and the content of received messages. In addition to Smith's note, there are dozens of other

documents which prove the great interest of the U.S. military and the CIA in UFO sightings. Many of these documents can now be consulted directly on the CIA's website.[7] One example is a memo to the Director of the CIA dated 2 October 1952.[8] According to this document, »flying saucers« pose an element of danger that »concerns the vulnerability of the United States to air attack«. Action recommended: »That the Director of Central Intelligence advise the National Security Council of the implications of the ›flying saucer‹ problem and request that research be initiated.«

Another advice reads as follows:

> »In order to minimize risk of panic, a national policy should be established as to what should be told the public regarding the phenomena.«

As mentioned before, the question on the existence of UFOs can now be considered as settled. On 16 December 2017, the *New York Times*, the *Washington Post* and *POLITICO* unanimously reported on a UFO research program of the Pentagon funded with 22 million dollars between 2007 and 2012.[9] The program was called *The Advanced Aerospace Threat Identification Program* (AATIP) and was officially confirmed by the Pentagon. Not only radar and video (infrared) recordings of encounters between U.S. military pilots and flying objects, whose flight behavior seems to contradict the laws of aerodynamics, were examined. Materials originating from UFOs were also stored and analyzed in modified buildings. In a radio interview, physicist Dr. Harold Puthoff explains that the analyzed exotic material did not contain new elements but consisted of an unusual composition of layers of materials »that you wouldn't expect to be able to be layered« and that had »certain unusual characteristics that you wouldn't have predicted in advance«.[10]

In the following, three now globally known videos of the on-board cameras of U.S. Navy fighter jets showing unknown objects have been published:

- The so-called »GIMBAL« video, captured by a U.S. Navy F/A-18 Super

Hornet using the Raytheon AN/ASQ-228 Advanced Targeting Forward-Looking Infrared (ATFLIR) pod, was the first of the three videos that has been through the official declassification review process of the United States government and has been approved for public release.

- The second declassified video (»FLIR1«) is the only official footage captured by a U.S. Navy F/A-18 Super Hornet present at an incident in 2004 off the coast of San Diego regarding the USS Nimitz, a nuclear powered U.S. Navy supercarrier (also using ATFLIR). The Navy pilots described the UFO as a large bright white Tic Tac with a size of approximately 40 feet.
- »GO FAST« is another authentic DoD video that captures the high-speed flight of an unidentified aircraft at low altitude by a U.S. Navy F/A-18 Super Hornet with an ATFLIR pod.

Luis Elizondo, former head of AATIP, stated in an interview on CNN that the observed flight characteristics of the objects cannot be explained either by U.S. military arsenal or by known foreign technology. Asked for his personal opinion on the matter, he offers a surprising explanation: »We may not be alone!«[11] Likewise, according to Navy pilot David Fravor, the object he had encountered was not from this world.[12]

A large part of the money from the U.S. defense budget went to *Bigelow Aerospace*, a space research company of billionaire Robert Bigelow. It is well known in UFO research circles that Bigelow has been funding the work of leading UFO and abduction researchers for decades. In May 2017, in an interview with CBS, Bigelow even expressed his conviction that extraterrestrials are present on Earth since a long time.[13]

The December 2017 reports are the official starting point of an extensive disclosure campaign in which former blink-182 punk band singer Tom DeLonge plaid a leading role along with former senior Department of Defense (DoD) and intelligence officials.

DeLonge is the CEO of a company called *To The Stars Academy of Arts and Science* (TTSA), which covers the three areas of science, aerospace and entertainment – see https://dpo.tothestarsacademy.com.

The company’s goal is the advancement of our current understanding of

scientific phenomena and its technological implications. Further members of the management team were, inter alia:

- **Luis Elizondo**, former head of AATIP (in the meanwhile, Elizondo left TTSA);
- **Christopher Mellon**, Deputy Assistant Secretary of Defense for Intelligence in the Clinton and Bush Administrations;
- **Steve Justice**, former Program Director for Advanced Systems from Lockheed Martin Advanced Development Programs – also known as »Skunk Works«; and
- **Dr. Harold Puthoff**, a physicist who advised the CIA on the research and application of remote viewing, at which we will have a closer look in Chapter 4.

The UFO media campaign continued in April 2019 with reports according to which the U.S. Navy is drafting new guidelines for pilots and other personnel to report encounters with »unidentified aircraft«.[14] About two months later this was followed by reports on classified briefings on UFO sightings for not only Senators but also President Trump.[15] During the following two years, numerous reports on the UFO/UAP topic were published by mainstream media. Then, in April 2021, the authenticity of further UAP videos was confirmed by the Pentagon.[16] This was followed by the preliminary highlight of the ongoing disclosure campaign: the release of an unclassified UFO report by the Pentagon on 25 June 2021. Even before that date it had been leaked that the Pentagon report is ruling out the possibility of U.S. military black projects but not ruling out an extra-terrestrial explanation for the phenomenon.[17]

The rather vague 9-pages-assessment speaks of 144 reports that describe incidents that occurred between November 2004 and March 2021.[18] The executive summary on page 3 states:

> »Most of the UAP reported probably do represent physical objects given that a majority of UAP were registered across multiple sensors, to include radar, infrared, electro-optical,

weapon seekers, and visual observation.«

According to the report, UAP sightings tended to cluster around U.S. training and testing grounds. In 18 incidents observers reported unusual UAP movement patterns or flight characteristics. Thus, the Pentagon publicly acknowledges for the first time that UFOs/UAP are real, that they are physical objects and that this is an extraordinary phenomenon. However, according to the Pentagon's preliminary assessment, the origin of these objects remains unexplained due to insufficient data. In particular, the report does not present any evidence for a non-human intelligence behind the phenomenon.

On the other hand, as mainstream media underlines, it does not rule out an alien origin either. This is in line with what a senior U.S. official told *REUTERS*:

> »Asked about potential alien explanations, one of the officials said: »That's not the purpose of the task force, to evaluate any sort of search for extraterrestrial life. … That's not what we were charged with doing.«
>
> »Of the 144 reports we are dealing with here, we have no clear indications that there is any nonterrestrial explanation for them – but we will go wherever the data takes us,« the senior official added.[19]

Against the background of all the above (being just a small part of the UFO material), there can be absolutely no doubt about the reality of the UFO phenomenon. The sheer volume of evidence is simply overwhelming. Therefore, it is high time for us to finally leave behind the tedious and unnecessary discussion about the reality of UFOs and to continue from here.

But what does it actually mean when we acknowledge the reality of UFOs? First of all, it is only that objects with extraordinary flight characteristics move in our atmosphere, the origin of which is unknown. However, this observation leads to the crucial question: WHAT are UFOs? The answer to this question is indeed a matter of widely differing opinions.

Even previously unknown natural phenomena could be considered, there are no limits to the imagination. Such a natural phenomenon should, however, be able to explain the repeatedly observed properties of UFOs in all their complexity. For example, the famous Swiss psychiatrist Carl Gustav Jung believed in a mental phenomenon. According to his theory, the collective unconscious creates the UFO appearances by projecting the inner psyche into the outer reality. Why and how the hypothetical collective unconscious achieves this remains open.

Maybe we don’t have to go so far as to explain something unknown with something else unknown. Behind the mysterious celestial phenomena could quite simply be a secret advanced technology of earthly origin, such as that of the U.S. military. And finally, of course, the so-called extraterrestrial hypothesis is offered, according to which UFOs are flight devices of an extraterrestrial civilization. While evidence for one of these theories seems difficult to grasp or at least inaccessible to us (at the moment), we can try to gather enough evidence from publicly available sources to give preference to one of these options.

Our natural sciences, especially physics and biology, have undergone an unprecedented evolution over the last hundred years. We have advanced into areas of knowledge that were previously closed to mankind. In miles-long particle accelerators we observe the behavior of elementary particles, while elsewhere we try to decipher our genetic structure. Could it be that in this flood of new data we have overlooked something decisive? Is there possibly a natural process that can explain the sudden appearance and flight characteristics of UFOs as well as other often associated (e.g. paranormal) effects? A simple natural phenomenon, which is subject to the laws of our known physics, should in any case be eliminated. The strange objects often show an »intelligent« behavior, for example when they track airplanes or appear above nuclear installations and apparently render them inoperative. There is really not the slightest hint of a natural process that could demonstrate such purposeful behavior.

Luckily, there are other options left. First of all, there is still the possibility that the many thousands of sightings can be traced back to an extremely advanced but nevertheless earthly technology. In this case,

however, it will be necessary to differentiate. Undoubtedly, it is absolutely possible to explain some of the more recent sightings with secret military developments, such as novel espionage and stealth technology. But the many early UFO sightings after the end of the Second World War remain problematic. It was precisely the flood of UFO sightings over U.S. territory by civilian and military witnesses that urged the U.S. military to set up *Project Blue Book*. It is also not conceivable that a nation other than one of the two superpowers had the necessary technical capabilities at that time. In the end, neither the Soviet Union nor the USA can be considered as originators. The Russians would hardly have tested such progressive knowledge above American soil. Otherwise they would not only have run the risk of the sophisticated technology falling into the hands of their opponents, but also, quite incidentally, of a Third World War being triggered. Therefore, Luis Elizondo as well as former Director of National Intelligence John Ratcliffe have both stated in several interviews that in their opinion Russia and China cannot be made responsible for all these UFO sightings, especially not the early ones.[20]

It can also be ruled out that the Americans used secret test aircraft to panic the crews of their own nuclear launch facilities and provoke an atomic war (now confirmed by the Pentagon: »The report also found the vast majority of incidents documented over the past two decades did not originate from any American military or other advanced U.S. government technology …«[21]). At least in one case of such a UFO sighting, an atomic launch sequence was even set in motion temporarily. Renowned UFO researcher Robert Hastings details these incidents in his book *UFOs and Nukes*, for which he researched for decades including interviews with over one hundred and fifty witnesses. But also the UFO researcher and author Raymond Fowler reported already in 1990 about the special interest of UFOs in nuclear weapons and the concern of the U.S. military about the appearance of unknown flying objects over neuralgic facilities like the *Los Alamos Atomic Energy Commission Project*.[22] Fowler quotes from a document formerly classified as secret dated 2 January 1952, addressed to the Director of Air Force Intelligence, Major General Samford.[23] The document mentions »persistent reports of unusual flying objects over parts of the United States,

particularly the east and west coast and in the vicinity of atomic energy production and testing facilities«.[24] In the same year, General Samford held a press conference at the Pentagon on UFO sightings, extracts of which are available on YouTube.[25] Raymond Fowler also reports that employees of the Minuteman nuclear missile program informed him in 1966 on the disruption of launch control equipment during UFO sightings over the missile sites on Strategic Command Bases.[26] Robert Hastings describes similar cases in his 2008 book.

## THE EXTRATERRESTRIAL HYPOTHESIS

This only leaves the so-called extraterrestrial hypothesis, which is also preferred by the authors of the famous *COMETA Report* from 1999 (»strong presumptions exist in its favor«).[27] The authors of this investigation report on UFOs and the witnesses cited therein include, among others:

- Denis Blancher, Chief Inspector of the *Gendarmerie* in the Ministry of the Interior
- Edmond Campagnac, former Technical Director of Air France
- Joseph Domange, General of the French Air Force
- Professor André Lebeau, former Head of the French National Space Agency CNES (*Centre National d'Études Spatiales*)
- Bruno Le Moine, former General of the French Air Force
- Denis Letty, retired Major General of the French Air Force
- Christian Marchal, Chief Engineer in the *Corps des Mines* and Research Director at the French National Space Research Institute ONERA
- Bernard Norlain, four-star general, former commander of the tactical air force of France and former head of the *Institut des Hautes Etudes de Défense Nationale* (IHEDN)
- Jean-Jacques Vélasco, head of the French investigation group on unidentified airspace phenomena SEPRA (now GEIPAN), part of the French space agency CNES.

Even though COMETA is not a governmental research group, an

investigation report that has been drafted by such heavyweights as the former head of the French space agency CNES, Professor André Lebeau, as well as General Letty and General Norlain, must be taken seriously. Why only very few media reported about it remains a mystery. The extraterrestrial hypothesis cited in the *COMETA Report* states that the UFO phenomenon is the result of alien intelligence. Specifically, it suggests that the objects observed must be spacecraft of extraterrestrial beings, wherever they come from.

When you talk about the existence of extraterrestrial beings, a psychological observation is very interesting. Most people (including scientists) nowadays probably have no objections to the assumption that there is other intelligent life out there somewhere. The unimaginable dimensions of our universe already speak for it. Our galaxy, the Milky Way, has a diameter between 150,000 and 200,000 light-years and is home to about one hundred to four hundred billion stars and more than one hundred billion planets.[28] Until now it had been assumed that our universe, which is about 13.8 billion years old, contains about one hundred to two hundred billion galaxies. Recent analysis of so-called deep-field images of the Hubble Space Telescope indicate that this number must be corrected significantly upwards. It is said now that there are at least two trillion galaxies.[29] On a large scale, these galaxies form huge patterns in the form of so-called clusters and superclusters that span the entire universe through filamentous structures. All these galaxies, in turn, contain hundreds of billions of stars. And what is even more important: Almost every day new planets are discovered around these stars. At the beginning of 2016, the number of these exoplanets was already at two thousand.[30] In February 2017 it was reported that the star Trappist-1, forty light years away, is orbited by seven earth-like planets.[31] Thus, the number of exoplanets increases steadily. As of 12 February 2021, there have been detected 4,680 planets in 3,457 solar systems.[32]

Due to such discoveries, it is considered more and more likely that the immeasurable vastness of our cosmos harbors other life-forms.

Things are quite different – from a psychological point of view – if one takes an all too earthly perspective on the question of extraterrestrial life. Too disturbing is the thought that an alien intelligence might already have visited

»our« Earth or that even an interaction is taking place. Without the protective distance to such technically and intellectually superior beings, our beloved everyday life would be in massive danger. This fear of the ideological, social and religious consequences of direct contact makes many people resort to childlike protective mechanisms. Irrespective of all facts and evidence, what simply must not be is defiantly denied.

A popular objection to the extraterrestrial hypothesis are the huge distances to other stars and the speed of light as a speed barrier for massive objects. It is important to know that our nearest neighbor, the star Proxima Centauri, is already 4.24 light years away from us (one light year corresponds to about 9.5 trillion kilometers or 5.88 trillion miles; one light second is the distance light travels in one second, i.e. about three hundred thousand kilometers or 186,282 miles). Albert Einstein stated in his Special Theory of Relativity of 1905 that no object with mass can reach the speed of light or even move faster than light.

Especially for many physicists it is therefore completely impossible that an alien civilization could have ever visited us or will be able to do so.

However, it seems somewhat naive, if not arrogant, to explain interstellar journeys as impossible on the basis of our current physical knowledge. Even if our current technology gives the impression to the layman that we have already understood everything in physical terms, this is clearly not the case. For example, we still cannot decide whether gravity must be explained by space-time curvature according to Einstein’s General Theory of Relativity or by quantum mechanics using hypothetical particles (gravitons). We know nothing about the nature of the dark matter that makes up much of our universe. Neither can we say anything about the negative energy that expands our universe at an accelerated rate. We have no idea what is actually behind quantum mechanics, what the true nature of elementary particles is, whether there is a need for numerous other dimensions – as string theory demands – and whether there is perhaps an infinite number of parallel universes.

All these are open questions in physics. So how do we dare, with all these huge gaps in knowledge, to decide whether or not the technology and knowledge of a civilization thousands or millions of years ahead could realize interstellar journeys? We just have to admit that we have not yet discovered

decisive laws of nature.

The extraterrestrial hypothesis, in my opinion, is supported by two main points:

**Point 1:** There are thousands of reports studied by researchers and therapists of people claiming to have been taken by alien beings against their will and subjected to certain examinations. These reports appear worldwide and show an unmistakable pattern. Those affected often report having seen a flying object in the sky before or after their experience and even having been brought into the interior of such an object. The connection with the UFO phenomenon is obvious. This is what the so-called abduction research deals with, which I will go into in detail.

**Point 2:** The second indication that supports the extraterrestrial hypothesis is an event known as Ariel School Sighting. This is the sighting of a UFO and its crew by over sixty pupils of the Ariel Primary School in Ruwa, Zimbabwe. The pupils reported unanimously that during the breakfast break an object landed near the school grounds and two non-human-looking creatures came out. Immediately after this incident of 16 September 1994, the students were interviewed by the well-known African UFO researcher Cynthia Hind and John Mack, a professor of psychiatry at Harvard Medical School.

They described the appearance of the beings and also the telepathic communication with some of them. In a recent documentary, the witnesses of that time still emphatically confirm this life-changing experience today.[33]

I had the privilege to meet one of the witnesses in Frankfurt, Germany.

In addition to radar recordings, there are other physical indications that UFOs are real aircraft and that they might have an extraterrestrial origin. In particular, radioactivity was measured at presumed landing sites and conspicuous changes in vegetation were observed. This includes the case of 1 July 1965 in Valensole, France, as described in the *COMETA Report*. Under the UFO’s trajectory, the lavender plants were suddenly withered, and the witness could not grow any new plants there for years. Captain Edward Ruppelt reports another case in his book on *Project Blue Book*.[34] Grass

samples were sent from an alleged UFO landing site to a laboratory. He was surprised to find that not the blades of grass, but the roots of the grasses were scorched. Another case comes from Great Britain. Significantly increased radiation values were measured at the landing site of the famous Rendlesham Forrest UFO in December 1980 near the military bases Bentwaters and Woodbridge operated by the U.S. Air Force.

And there are likely to be many lesser-known cases. Budd Hopkinks, for example, reports in his book *Invaders* that in a case he investigated, a UFO apparently landed near a family house on 30 June 1983, leaving behind a circular spot of burnt lawn and four symmetrically arranged holes; the circle was also the starting point for an approximately fourteen-meter-long and two-foot-wide stripe of dead grass.[35] After the incident vegetation was gone and wild animals avoided the place.[36] Even years later almost nothing flourished on most of the circle, although new grass had been sown in the meantime.[37] The various physical aftereffects of the people who stayed at this location will be dealt with later. Another example is reported by Dr. Clarke. The 82-year-old Native American Leland showed the author a perfectly round barren circle in his field.[38] He explained to her that this was the spot were a spacecraft repeatedly hovered above the ground and that nothing grows there anymore. And New Zealand experiencer Suzy Hansen reports how conspicuous marks in the mud were found after she had a UFO sighting and associated memories.[39] There were three circles, each about 1.5 meters in diameter, spaced about 8 meters apart, forming an equilateral triangle. Her last memory of the nocturnal incident was of a disc-shaped craft standing near the ocean on tripod legs.

The allegations that UFOs have already crashed and been recovered by the U.S. military certainly go even further. One should know that there was indeed a corresponding press release in relation to the famous alleged crash of a UFO in 1947 in Roswell, New Mexico, which referred to information from the Roswell Army Air Field (later known as Walker Air Force Base). There is also a number of testimonies to the events of that time, such as the testimony of Major Jesse Marcel, the intelligence officer stationed at Roswell Army Air Field.[40] Colonel Philip Corso’s report in his book *The Day After*

*Roswell* also supports these assertions. In addition, Apollo astronaut Dr. Edgar Mitchell publicly announced that he had been informed of the Roswell crash by both long-time Roswell residents and senior military officials.[41]

It is even possible that the U.S. military has been working since that time on rebuilding the propulsion mechanism of recovered aircraft (so-called reverse engineering). The controversial physicist Robert Lazar claims to have been involved in this himself. Lazar said he was working on alien aircraft at a secret test site near Groom Lake in Nevada. The Lazar story was researched over many months by the award-winning investigative journalist George Knapp. Even though some points remained open to Lazar's disadvantage – such as the lack of evidence of his claimed degrees in physics – there was, on the other hand, a number of indications that spoke for Lazar's story. For example, further eyewitnesses were massively intimidated, and the team of reporters was followed during their work. However, I do not want to deepen these areas of UFO research further. Experience has shown that all traces of such seemingly crystal-clear, tangible evidence always end up in a thicket of diligent disinformation, fantasy products and isolated true clues that cannot be penetrated.

With this, let me summarize the **sequence of thoughts** up to here as follows:

**First:** UFOs are a real phenomenon. Anyone who takes a closer look at this topic cannot seriously deny this. The amount of evidence is simply overwhelming (now confirmed by the Pentagon).

**Second:** The extraterrestrial hypothesis is the most likely explanation for the UFO phenomenon. In other words, no one has been able to provide a more convincing and valid alternative rationale.

**Third:** Thousands of documented abduction cases indicate that not only the UFO phenomenon is caused by extraterrestrial intelligence but that countless contacts between these beings and humans have already occurred and still occur (evidence for this follows in the next chapter).

**Fourth:** If for at least sixty years – probably even much longer – there have been contacts between humans and non-human intelligent beings, then of course we should know who these beings are and for what purpose the

contacts are made at all.

However, I would like to make one very important point before proceeding. The UFO phenomenon, including contact experiences, is extremely complex and diverse. It is also, as we shall see, associated with paranormal phenomena. It can therefore be assumed that the extraterrestrial hypothesis alone is not sufficient to explain all these processes and events. The objects in the sky and the bizarre experiences with strange beings, which have been investigated for about forty years, cannot simply be explained by curious aliens visiting »our« Earth. It is becoming increasingly clear that a comprehensive explanation requires profound changes in how we understand the world, both in scientific and physical terms and in terms of the diversity of non-human intelligent life. And yet, in my opinion, it is still completely open whether the human mind is capable of grasping the deeper layers of this hidden reality.

In any case, it should be clear to us that the answers to such questions have unforeseeable social, ideological, religious, political, technical, economic and, if necessary, spiritual implications. I do not wish to go into this point any further since it is ultimately a matter of pure speculation. In their book *A.D. After Disclosure: When the Government Finally Reveals the Truth About Alien Contact*, historian and UFO researcher Richard Dolan and his coauthor Bryce Zabel discuss the scenario of an official recognition of the UFO phenomenon. With a little imagination one can easily think of possible consequences the public confirmation of an extraterrestrial presence might have. First of all, each individual would have to try to integrate the fact that we are not alone into his or her personal world view and religious beliefs. Religious communities would also be forced to respond to this challenge. Presumably many religions would try to preserve their doctrines to the largest extent possible. For example, the chief astronomer of the Vatican, Father José Gabriel Funes, made the following statement:

> »The discovery of intelligent life does not mean there’s another Jesus. The incarnation of the son of God is a unique event in the history of humanity, of the universe. If there was intelligent life (on another planet), I don’t see that as a

contradiction with the Christian faith.«[42]

Thus, the Church will presumably claim that the idea of extraterrestrial life does not contradict the Bible and the Christian doctrine.

Nevertheless, it is to be expected – as it has become apparent in our society for some time – that people will increasingly turn to spiritual topics and thus to themselves and their own place in the cosmos. Just as our present social structure would be questioned, so the old political systems would be put into question as well. Especially authoritarian systems, which enable a small elite to oppress the masses, would be deprived of their basis in the face of a superior non-human intelligence. Instead, there would be an increased need for global structures to enable the peoples of the Earth to communicate uniformly with extraterrestrial powers. Such contact would probably be accompanied by a massive transfer of knowledge. Our physical understanding would fundamentally change and expand in many respects. This would inevitably result in new technical achievements, including the use of so-called free energy (or at least new energy generation methods that are behind the UFOs' propulsion systems).

In many contact reports from different sources, the concern of the aliens about the destruction of our environment is raised. This, too, would certainly be a central issue. The access to new, clean energy sources (possibly in the form of the vacuum or zero-point energy that has long been speculated on) would result in drastic economic and thus also geopolitical changes. Oil, the most important energy resource to date, would considerably lose importance within a very short period of time – with corresponding consequences for the associated power structures.

But all this must remain vague speculations for the time being. How humanity will react to a confirmed ET presence depends decisively on the motives of the strangers as well as on the way in which the extraterrestrial powers publicly reveal themselves for the first time. It is also unclear whether and to what extent (quasi-) governmental institutions are already in contact with certain extraterrestrial races or at least are informed about their existence. I will go into this in more detail at the end of this book.

# 2 THE ABDUCTION PHENOMENON

»*The alien abduction phenomenon is a potentially rich source of information for our understanding of ourselves and the surrounding universe in which we participate*.«[43]
Prof. John E. Mack, 1994

»*The only chance we have to solve the UFO mystery is to talk to the people who have interacted with those behind the phenomena*.«[44]
Grant Cameron, 2015

## WHAT ARE ABDUCTIONS?

It already means a tremendous shock to our world view to acknowledge the reality of UFOs and beyond that – according to the extraterrestrial hypothesis – the existence of extraterrestrials. In this chapter we even go a giant step further. Now, the hitherto abstract ET being is to become a tangible, non-human, intelligent life-form that interacts with us in a specific way.

A figure who communicates with us, who visits us in our bedroom, makes us go to deserted places, paralyzes us, lets us float through walls and closed windows, transports us without our (conscious) consent into its flying machines, examines our body, equips it with implants, and even does not leave our children alone. I know these things sound extremely bizarre, incredible and frightening. Therefore, I would like to encourage every reader, once in a while, to take a break from reading this book and take some time to get used to the idea of an extraterrestrial presence. Integrating this idea into one's own world view is a process that can take several weeks or months.

And let me emphasize one thing right at the beginning: Abduction

research offers numerous clues for the reality of the UFO phenomenon and human interaction with extraterrestrial beings. This is the reason why I will present in detail the findings from around forty years of abduction research and from my own case studies. We will see that those abduction experiences are often frightening and even traumatizing. The widespread phenomenon of abductions by Greys is, however, only one part of the contact experiences with non-human intelligent beings. Apart from these encounters, experiences with other beings, which contain positive and enriching aspects, are also reported. Such reports, however, are by far not as well documented as the classic abduction cases (a part of which also contains positive experiences). That is the reason why I am focusing on the latter: the encounters with Greys offer the unique chance – based on thousands of case studies – of proving contact with extraterrestrial life-forms.

But let's first define what is meant by »abduction«. The word was first applied by U.S. researchers in the 1980s who heard from ET-contact experiences and began to study these cases. »Abduction« then quickly became an established term in the UFO research community (although many UFO researchers were initially extremely skeptical when they were suddenly confronted with this phenomenon by their colleagues). The term in context of UFO research refers to non-human intelligent beings (often called extraterrestrials or aliens) that brought humans on board of their crafts. In the following I will equate these non-human intelligent beings with the term *extraterrestrials* (ETs for short), although other theories about the origin of these beings exist as well. In particular, it could be – at least in some cases or at the same time – beings from another dimension or even from our own future. In my opinion, there is strong evidence that we live in a multi-dimensional virtual universe.

This could explain, by the way, many of the paranormal phenomena that we are confronted with in the context of UFOs and »extraterrestrials« (which should then better be called inter-dimensional beings). But as long as we do not know this for sure I will try not to make things more complicated as necessary. Thus, I am simply speaking of aliens, ETs or just strangers. I will refer to those affected by the abduction phenomenon as abductees or (more neutral) as experiencers.

When we speak of abductions in general, this term implies that the person concerned has been taken from his normal, previous environment to another place against his will. Among humans such behavior would be illegal. In the context of the abduction phenomenon, one could try to subsume the behavior of the aliens under the provisions of our criminal code. As a result, these beings would presumably violate a number of these provisions. Under the German Criminal Code (*Strafgesetzbuch, StGB*), the relevant offences might include, inter alia, Unlawful imprisonment (Sec. 239 StGB), Causing bodily harm (Sec. 223 StGB), Causing bodily harm by dangerous means (Sec. 224 StGB) – at least by acting jointly – and Abduction of minors from the care of their parents (Sec. 235 StGB). We can skip the question to what extent our earthly penal code is applicable to extraterrestrial beings at all. Much more important is the rule that harmful conduct (the fulfilment of the so-called objective facts) does not necessarily lead to the perpetrator being liable to prosecution. According to our principles of criminal law, the perpetrator must always act illegally *and* culpably. For example, damage to property may be justified because the offender acted in self-defense or emergency assistance. Or the perpetrator of an illegal assault is not punished because he acted without guilt (e.g., because he was involuntarily drugged during the deed). With regard to the alien abductors, the crucial question would therefore arise whether the abductions and examinations of people might be justified or excusable.

I have raised this rather dogmatic consideration here in a strictly legal context but it will play an important role later: when we will try to identify the motives of the Greys and seek to find out whether their agenda serves our survival or their own selfish goals.

For those affected, this is a crucial aspect of their experience. Some people might find the procedures suffered more bearable if they are carried out for a higher purpose. However, the above enumeration of the relevant criminal offences shows that – if one puts aside the bizarreness – this is about socially disapproved behaviors that have quite a bit of weight in our human coexistence. Just as we would not simply ignore an unlawful imprisonment or a dangerous bodily injury in the context of our everyday life, we should treat those affected by the abduction phenomenon – who have often experienced

all of this constantly since childhood – with the utmost respect and understanding. The fact that there might be a consent by the experiencers on a subconscious level – or in a pre-incarnation state – does not make it easier for them.[45]

After this short excursion to the criminal code and the principles for a criminal conviction, I would like to come back to the concept of ET »abduction«. As already mentioned, it concerns cases in which a person is taken against his will from his normal, previous environment to another place. This other location is typically the interior of a spacecraft. A medical examination and/or similar procedures are then carried out there on a regular basis. In addition, I would like to define as abductions only those processes which – according to the perception of the experiencer – actually take place physically in our four-dimensional space-time continuum. There are a number of accounts indicating that similar ET contact occurs in the form of out-of-body experiences OBEs):[46] The body of the person concerned remains in the same place, while his consciousness (or his soul or spirit) moves to another place under the influence of the strangers.

The abductee Polly (the following names of abductees/experiencers are often pseudonyms; in part I will point this out) describes such a process as follows:

> »Typically, I am out of doors and I see a UFO or UFOs in the sky. They land or one hovers above me. When I felt the dizzying sense of spiraling upward [*in a previous event she had described*], that one was different because I was conscious of being in my bed and being spun and sucked upward into a UFO. I think my mind was sucked out of my body.«[47]

In these cases, people often report that they were able to look at their body from above and saw it lying as if asleep under them. Betty Luca even had such an experience on board the ET craft: when she saw a naked woman lying on a table she realized that it was her own body.[48] The ET told her that her physical body had been prepared for future OBE abductions. The situation is thus similar to the frequently reported *near death experiences*,

which are increasingly coming into the focus of researchers and scientists. However, I assume that in abduction scenarios the situation is, at least in some cases, even more complicated. My research indicates, corroborated by Suzy Hansen's detailed account, that some humans have a kind of dual soul or human/ET-consciousness. Hence, Suzy describes an incident where only her Grey identity (part of the dual soul) went onboard the ET craft by rising up in an ethereal Grey body form out of the human body that remained lying in bed.[49] Such ET contact experiences of an out-of-body nature remain excluded here. It is still difficult enough to judge the reality of a »normal« abduction. However, I cannot rule out the possibility that some of the following accounts actually concern out-of-body-experiences while the abductee thought that it is a physical experience.

The broad spectrum of strange events surrounding the UFO and abduction phenomenon suggests that our idea of reality is flawed or at least incomplete. In the course of this book, we will become acquainted with a whole series of such seemingly impossible processes. At this point I would like to mention just two typical examples: One is the sudden appearance or disappearance of UFOs. Again and again, eyewitnesses report that one of these objects appeared out of nowhere or suddenly disappeared within a blink of an eye (maybe coming from/going to another dimension?). The second one are the reports of abductees floating through solid matter such as walls, ceilings and closed windows.[50] And the aliens are also observed moving effortlessly through walls and other material objects.[51]

Such events cannot be explained by known physical laws and they contradict our view of the world. That our idea of reality requires certain modifications, however, is not a new thought for a physicist. The famous representatives of quantum physics, Niels Bohr and Werner Heisenberg, have already questioned our view of reality with their formulation of the Copenhagen interpretation of quantum mechanics (which describes our world on the smallest scale). This explanatory model led to the consideration of whether a particle only exists when it is observed. Suddenly the object of observation and the observer were connected in a mysterious way. Even more bizarre seems to be the many-worlds interpretation of physicist Hugh Everett III. According to this, ALL POSSIBLE pasts and future scenarios are

EQUALLY real in relation to quantum-mechanical processes. And each of these possibilities creates a new universe! According to this model, we live in an inexhaustible multiverse. The famous String Theory does not go that far. It attempts to trace elementary particles back to oscillating filaments and requires a total of eleven spatial dimensions. According to this, in addition to the three dimensions of space familiar to us (length, width, height), there must be eight tiny, quasi rolled up additional dimensions that we do not perceive and have not yet been able to prove experimentally.

From the point of view of physics, it would therefore not be too absurd if further, hidden dimensions or levels of vibration enable the spooky phenomena that are reported in the context of the UFO and abduction phenomenon. This might then explain the repeatedly observed penetration of solid matter by the abductees or the extraterrestrials themselves. Such a possible explanation is provided by the experiencer Janice:

> »What happens is that it [*the body*] is speeded up to the point that your body's a different vibrational rate than the matter you're going through.«[52]

This statement is astonishingly consistent with the information Lyssa Royal allegedly received from a Grey in a channeling session:

> »The reports of people walking through walls and closed doors are nothing more than a change in human molecular vibration strong enough to reduce body density so that humans can penetrate solid objects.«[53]

And Suzy Hansen learnt the following:

> »In the future, humans will have a fuller understanding of energies and the space between molecules, allowing us to disintegrate and re-form our bodies as the Greys do, or pass through solid objects.«[54]

In abduction literature, the different realities or dimensions are repeatedly associated with different oscillation frequencies, whereby the Earth is said to

have a very low vibration or high density. The process of penetrating walls, ceilings and closed windows can thus possibly be explained by the fact that the person concerned temporarily changes to another parallel dimension. There, the solid matter existing in our dimension or space-time would no longer be an obstacle. Exactly this mechanism has been described to Suzy Hansen by an ET pilot when their craft flew *through* planet Earth (see the section »Time gain« for details).[55]

In fact, there is increasing evidence that several realities or levels of reality or dimensions exist in our world. Whether and to what extent we can perceive these hidden dimensions seems to depend on our state of consciousness and our current brain wave activity, which can be measured with an electroencephalogram (EEG). When we are not asleep, we are usually in the state of waking consciousness. This corresponds to a so-called beta brain wave activity (frequency range between 13 and 30 Hz). According to this hypothesis, we then only perceive the physical everyday world familiar to us. If, on the other hand, we enter other states of consciousness, further levels of perception open up to us. This can occur in the light trance state (alpha state, frequency range between 8 and 13 Hz) and especially in the theta state (frequency range between 4 and 8 Hz). We experience the theta state daily during the transition from the waking to the sleeping phase.

Anna's comments seem to confirm this.[56] She describes how she had specific experiences in another dimension while she was in a kind of ethereal body. In addition, she had the impression that one reaches this other level of reality, in which our concept of time has no meaning, primarily through a state of sleep or dream.

These brief remarks on other levels of reality and perception should suffice at this point to make one thing clear: It would be naive to use our everyday concept of reality as a benchmark for assessing the UFO and abduction phenomenon. We are dealing here with apparitions that lie far beyond our beloved beliefs. If we are not prepared to fundamentally change our view of the world, we will neither perceive nor be able to understand the expanded reality underlying UFOs and ET contacts. The researcher and author Dr. Johannes Fiebag expresses similar views on the question of what reality actually is and how we define it:

> »Ultimately, we define [*the reality*] through our sensory organs. They are the tools of our brain that transmit external stimuli of what lies outside the body via the nerve paths. From them the brain then forms an image of the outside world. This image, however, in reality only represents a model: the one that matches best our experience of the ›outside world‹, the one that is most compatible. But we must not delude ourselves that we perceive this image through a filter.«[57]

And this filter – as Dr. Fiebag goes on to explain – is made up of many individual components, including above all our prejudices, likes and dislikes, and beliefs (dogmas). In the context of the paradigm shift required for expanded perception, the psychiatrist Dr. Henning Alberts aptly quotes Don Juan, who explains:

> »If man wants to survive today, I am convinced, he will have to change the social basis of his perception.«[58]

When asked what this social basis of perception is, he explains further:

> »The physical certainty that the world consists of physical objects. I call this a social basis because everyone in this society wants to force us to perceive the world as we know it«.

Thus, we arrive again at the dogmas imposed on us by society, which prevent us from perceiving additional dimensions and, by the way, from using psychic abilities like remote viewing. Perhaps – as Don Juan suggests – the ability to perceive this hidden reality is decisive for our evolutionary progress and thus our destiny as mankind. Under this premise of a still incomplete concept of reality, we have defined the term »abduction«. Here you can see again a list of its essential features:

- A human
  - ➢ is taken out of his normal environment
  - ➢ by non-human intelligent beings and
  - ➢ is brought to another location (typically the interior of a

spacecraft)
➢ against his (conscious) will.

- As a rule, a medical examination or an intervention aiming at reproduction is carried out.
- It is a physical process within our four-dimensional space-time continuum.

I had already pointed out something important before: The abduction scenario outlined above is only one (albeit significant) part within the entire range of contact experiences with non-human beings. The investigations clearly show that behind the typical abduction experiences stands the species of grey aliens, which I will go into in more detail. Greys appeared in all eight cases of affected women examined by abduction researcher Dr. Karla Turner for her book *Taken*.[59]

But also other aliens are observed like the blonde, human looking type (the »Nordics«) or insect-like or praying mantis-like beings, which sometimes appear together with the Greys. Thus, it is not entirely clear whether the grey strangers themselves are only executive organs or rather initiators of the abduction scenario. Moreover, as mentioned above, physical contact with alien beings is not limited to the classic abduction cases; there are also very positive encounters. An example for this are the encounters with blue energy beings having a human appearance. As Dr. Ardy Sixkiller Clarke reports, they have often helped individual humans to survive critical situations during wars. However, in my research I also came across a category of experiences that have received little attention in abduction research so far: Encounters with reptilian beings. These experiences are much more negative and violent than the typical abduction experiences with Greys (e.g., including acts of sexual abuse). Furthermore, it is unclear whether there are various Greysubspecies that might pursue different agendas. Some sources even claim that part of the Greys are working for the Reptilians. Since this book focuses on the well documented findings of classic abduction research, and to not make things more complicated than necessary, I won’t go deeper into this.

Last but not least, there are ET contact experiences that take place

completely outside the physical level – such as telepathic communication without physical presence of the conversation partner, mental transmission (»download«) of complex, mostly scientific information and communication via another person acting as a medium (»channeling«). In the case of channeling the non-human entity accesses the mental and physical processes of a person in such a way that it is able to communicate verbally through this human. In my opinion, the importance of channeling has been underestimated in UFO and abduction research. Due to corresponding incidents during hypnosis sessions with experiencers, I had to take this form of contact with non-human beings seriously. However, I am aware that information obtained through channeling is viewed with great skepticism; in many cases certainly rightly so. That is why I have decided not to include such information in this book – with very few exceptions.

## WHY IS ABDUCTION RESEARCH IMPORTANT?

The acceptance of the UFO phenomenon requires a tremendous intellectual effort. Nothing in our education, school or university teachings has prepared us for this. On the contrary. Especially the media, which we could expect to inform us about everything important in the world, have always treated the UFO topic as a taboo or ridiculed it. At best, the topic was completely hidden from the news. A *Disclosure Project* press conference at the National Press Club in Washington, D.C., at which a dozen former military and government officials and pilots reported on their UFO sightings, was simply dropped. Neither did it seem worth reporting that in France a group of extremely high-ranking military officials and scientists, including the former head of the French space agency, presented an investigation report on the UFO phenomenon (*COMETA Report*). In addition, disinformation is apparently disseminated in a purposeful manner (keyword: MJ-12 documents). In view of all these resistances, one may be tempted to simply leave the reports of alien abductions at that. But this would be like admitting that, for whatever reason, it is better not to face reality.

The abduction phenomenon is, so to speak, the threshold to a level of reality that we can no longer negate. At least after the reality of UFOs has

been confirmed by the Pentagon. If we decided to close our eyes to this reality – be it out of fear, comfort or mere defiance – this could be an existential mistake.

We are each experiencing, individually and as humanity, a dizzyingly rapid technological progress and, at the same time, stagnating or even declining intellectual and spiritual levels. The destruction of the environment and the exploitation of our planet's resources are approaching an irreversible peak. Warlike conflicts and ruthless behavior in the form of authoritarian oppression and treacherous terrorism mercilessly reveal the baser instincts of human nature. All the more shocking is to realize that unscrupulous rulers today no longer have only the manpower of armies at their disposal but can seal the fate of humanity within a moment by the use of nuclear weapons of mass destruction.

But not only the geopolitical perspective is alarming. Our everyday life and with it our human coexistence changes rapidly as well. The turning away from nature and embracing of unrestrained materialism are an obvious trend. Exaggerated professional demands on employees who are trapped in a multimedia network driven by stress are constantly leading to new highs in depression and burnout diseases. But in all the chaos, more and more people are becoming aware that this path leads to a dead end. Not only does humanity's spiritual evolution fall by the wayside, but people are in danger of forgetting that they are part of a marvelous creation. Prof. John Mack describes this critical state, which we humans have now reached as a result of our ruthless behavior, very aptly as follows:

> »We are a species out of harmony with nature, gone berserk in the indulgence of its desires at the expense of other living beings and the Earth that has given us life.«[60]

From my perspective, the abduction phenomenon has been a harbinger of a vital paradigm shift. Thus, it comes at exactly the right time. Dealing with this subject isn't about exploring exciting ghost stories. Rather, it is a matter of the abduction phenomenon holding up a mirror to the human being in all necessary severity. And on closer inspection, this mirror has quite astonishing properties. It enables humans to recognize who they are. It shows us our

origin and our destiny. Only with the help of this mirror can man guess his place in the cosmos, including the responsibility that goes with it. Ultimately, it shows humanity a way out of its self-inflicted misery (which does not mean that certain powers are deceiving and manipulating us on a constant basis). It is up to us whether we dare to pick up this mirror and look into it curiously, expectantly and without fear, or whether we let it fall in fright, so that it hits the concrete ground and bursts into a thousand pieces.

Against this background, it can be said that there is currently no more important aspect for our human fate than the reality of the abduction phenomenon. It's not just a question of whether we're alone in the universe. It is – as we will see in detail – about the question of our origin and, above all, our destiny as humanity. However, the abduction phenomenon is just the starting point to a greater understanding. It enables us to realize that we are part of a complex cosmic game of positive and negative powers acting on different levels of reality.

## HISTORY OF ABDUCTION RESEARCH

Although most people are unaware of abductions by extraterrestrials, this is by no means a new phenomenon. Rather, these cases have been intensively researched for decades. The phenomenon itself has been going on for much longer, possibly for thousands of years.

Over all this time, however, the beings in charge have succeeded very successfully in acting in the background, unrecognized by public perception. This is especially true of our Western world, while in other cultures the knowledge of an extraterrestrial presence and corresponding contacts is deeply rooted.

Dr. Ardy Sixkiller Clarke, a former professor at Montana State University, has spent years collecting hundreds of reports of UFO sightings and contacts with aliens from both Native Americans and the Maya in Central America. Due to her own Native American roots, she was able to build a relationship of trust with these people. Therefore, those affected often shared personal experiences with her about which they had previously only spoken with their next of kin. Dr. Clarke was not interested in a strictly

scientific research and examination of these reports, but in collecting extraordinary experiences from these cultures and at the same time preserving them. In four books she reproduces a selection of the stories she has been entrusted with and also describes her adventurous journey through Belize, Honduras, Guatemala and Mexico.

This area, also called Mesoamerica, is the habitat of the millennia-old Mayan culture. Still hidden in the primeval forests of this area are the remains of mighty pyramids and temples. Looking at the entirety of the Native American reports, it becomes clear that the knowledge of the extraterrestrial visitors is an integral part of the world view of these cultures and their oral traditions handed down over many generations. The so-called Sky People are a firm component of the North American natives' belief system, and reports about contacts with the space travelers are not considered with the scepticism or even mockery and ridicule so widespread in our western world. Instead, the Native Americans know of an ancient connection between them and the strangers. Even the sight of their flying machines over certain areas of the reservations, which have always been said to have a magical or sacred meaning, fits seamlessly into this world view. Likewise, the Maya of today see themselves as descendants of an extraterrestrial civilization that long ago visited Earth. In Chapter 5 I will discuss some special aspects of this ancient Maya-ET-connection in more detail. Interestingly, the Maya report that their ancient pyramids buried deep in the jungle are often visited by strange light phenomena.[61] Several witnesses have even observed alien beings in the vicinity or within these buildings. But that's not all. Several Maya report exactly the same abduction experiences with Greys that are known in abduction research since decades. Their reports contain specific details of the appearance and the behavior of this species that are consistent with the findings made by Western researchers. I will point out these astonishing matches when we have a closer look at the abduction scenario.

A believe in alien beings from outer space is also deeply rooted in African culture. A fascinating account comes from Vusamazulu Credo Mutwa, a so-called Sangoma – healer or medicine man – of the South African Zulu people. For years, he was in contact with abduction researcher Professor John Mack and told him about his personal experiences and the

knowledge of his people about the extraterrestrial beings. He also spoke with researcher and author David Icke about the old African traditions and his personal experiences with Greys. His accounts are another striking corroboration of the abduction phenomenon.

Mutwa reports the same similarities with the findings of abduction research as the North and Central American Indians do: Firstly, this concerns the appearance of the strangers. Credo Mutwa, once again, describes in detail the characteristics of a typical Grey. Secondly, the obvious interest of the aliens in reproduction is another parallel to Western reports. In addition, he also reveals his people's extensive knowledge of a race of reptilian beings also known to Western researchers. Even bizarre circumstances associated with UFOs, such as the phenomenon of cattle mutilation, can be found in Africa as well as in the Native Americans' reports.[62]

Thus, we might ask ourselves why a phenomenon that has been an integral part of other cultures for centuries has remained unrecognized in the Western world for so long. And there is another question that is perhaps even more revealing: Why is this phenomenon pushing to the surface of the Western world right now?

In my view, there is an interplay of seven factors that contribute to this disclosure:

**1)** Over the last one hundred years, new astronomical discoveries and technological advances have brought us not only knowledge about billions of foreign galaxies but also about planets orbiting the distant suns and theoretically harboring intelligent life. The possibility of extraterrestrial life is therefore compatible with our current scientific view of the world.

**2)** For about seventy years, thousands of unidentified objects with extraordinary properties have been observed in the sky. Even if the topic was, until recently, a taboo in the media and in our society, the UFO phenomenon – at least on an unconscious level – has long since found its way into public perception.

**3)** If today, against the background of 1) and 2), someone makes a series of inexplicable experiences with strange beings (perhaps in addition to observing a UFO), he will no longer – as only two hundred years ago –

assume to be haunted by goblins, fairies or evil spirits. Even though this is still difficult to accept, he will at least consider the possibility of contact with extraterrestrial beings.

**4)** Global networking, in particular the internet, but also easy access to international literature, offers unprecedented opportunities for those affected to inform themselves and exchange information with other experiencers and researchers.

**5)** It was discovered rather by chance that the tool of hypnosis offers the possibility of restoring detailed memories of such experiences with alien beings that were otherwise no longer accessible to the conscious. As we will see, the researchers have been able, over many years of work, to gain a much clearer picture of the abduction phenomenon.

**6)** The strangers themselves seem to allow the successive leakage of information. This is a very difficult aspect to judge, since the beings are still acting in secret. They try to remain unnoticed by sedating other witnesses and erasing the experiencers' memories of the nocturnal encounters.

**7)** Last but not least, a few years ago the Pentagon started a UFO disclosure campaign through the *To the Stars Academy* that brought about a paradigm shift in media coverage of the UFO subject. The possible reasons for this campaign will be discussed in the epilog.

As a result, thousands of cases have been thoroughly documented and/or investigated over the years, reports have appeared in UFO journals and bestselling books, and even Hollywood has discovered the subject. The whole thing went so far that the type of the little grey alien with the big head and the black oversized eyes has reached a certain cult status. It has to be emphasized that it was not the experiencers who copied the figure of the grey alien from the media (in individual cases, of course, this cannot be ruled out), it was exactly the other way around: the descriptions circulated within the abduction research community have found their way into the media.

Steven Spielberg's 1977 science fiction classic *Close Encounters of the Third Kind* played an important role in this. Interestingly, none other than astronomer Dr. J. Allen Hynek, a scientific advisor for *Project Blue Book*, served as technical consultant for Spielberg's film project. It is therefore no

coincidence that the extraterrestrials portrayed in this film correspond precisely to the descriptions of many hundreds of abductees from all over the world (including Sangoma Credo Mutwa, American Indian Eve (Cherokee/Choctaw) and K'iche' Maya Enrique).[63]

There are also two prominent witnesses who couldn't have been influenced by Spielberg's film because they had made their experiences long before.[64] Thus, let us look at the beginnings of abduction research in the western world. Although there was an early case in Brazil (Antonio Villas Boas), the subject was first made public by Betty and Barney Hill in 1961. On their nocturnal return journey from Canada to the USA, the couple noticed an unusual light in the sky that seemed to haunt them. At the end of a curve, the disc-shaped object of sixty to eighty feet in size, suddenly floated silently in front of them at a height of about one hundred feet.[65] Barney stopped the car, grabbed his binoculars and approached the object. Meanwhile, the floating disk performed a kind of tilting movement in Barney's direction. He could see through the binoculars two rows of windows and behind them several figures watching him. The eyes of one of the crew members had a mysterious, almost hypnotic effect on him. As if frozen, under an eery compulsion, Barney remained standing on the field with his binoculars before his eyes, while at the same time a sinister premonition spread through him. With all his strength he managed to tear down the binoculars and run back screaming to the car which was still standing in the middle of the road. He jumped in, and the Hills continued their journey in a state of panic, unable to see the flying object. After some time, they heard an electronical, beeping sound from the trunk that put the entire vehicle into oscillation. From then on, a mysterious dizziness took possession of them. Only after about thirty-five miles later, the car with Barney at the wheel still in motion, both slowly regained consciousness – again accompanied by the beeping sound.

The Hills had no memory of what had happened to them in the meantime. One day later, after their return, they reported the incident to Major Henderson of Pease Air Force Base in Newington, New Hampshire.[66] Major Henderson in turn reported to *Project Blue Book* at the Wright-Patterson base in Ohio.

In the period that followed, the Hills, especially Barney, were plagued by various health issues. Also their loss of any memory of what happened during the two hours of their return trip caused them trouble. Because of Barney's anxiety and Betty's confusing nightmares they eventually underwent treatment by Dr. Benjamin Simon, an experienced Boston psychiatrist and neurologist. Dr. Simon had gained a lot of experience with the technique of hypnosis regression in the treatment of traumatized war veterans. Although he was skeptical about the UFO theme, he used hypnosis on both Hills in the hope of getting to previously inaccessible memories of the events during the missing time period. The hypnosis proved to be successful. Over a period of seven months, both spouses provided a largely consistent report in weekly meetings.

They described how they were brought on board a spacecraft by extraterrestrial beings and how they were subjected to certain physical examinations.

This case was researched by author and journalist John Fuller. Among other things, he evaluated the tapes of the hypnosis sessions with the Hills and then wrote the book *The Interrupted Journey*, which became a bestseller.

*Captured! The Betty and Barney Hill UFO Experience*, a book written by nuclear physicist and UFO researcher Stanton Friedman with Betty Hill's niece, Kathleen Marden, provided further insider information. Kathleen Marden (co-author of *The Alien Abduction Files*) herself is now a renowned abduction researcher with over twenty years of experience and worked with me in FREE (The Dr. Edgar Mitchell Foundation for Research into Extraterrestrial and Extraordinary Encounters).

I will report on FREE's work in Chapter 6.

As far as the Hills' abduction case is concerned, I consider an amazing, little-known anecdote important that is reported by John Fuller in the epilogue to a later edition of his book.[67] Accordingly, shortly after the publication of the first edition of *The Interrupted Journey* in 1966, the author met Dr. J. Allen Hynek, the aforementioned scientific advisor of *Project Blue Book*. This meeting had a special reason. The then Secretary-General of the United Nations, U Thant, had read about the Hill case in a magazine, and he had noticed similarities that this case had with stories reported from other UN

member states. To learn more, he invited Fuller and Dr. Hynek to his UN office in New York. Also hardly known is that Dr. Hynek and his associate Jacques Vallée finally came across an Air Force report confirming radar contact with a UFO at the time and place of the Hills' encounter.[68]

The case of Betty and Barney Hill is significant not only because it was the first time that a broad public heard of an alien abduction. For research, the realization that hypnosis can reveal detailed memories of an abduction experience that are no longer accessible to the conscious mind was a real breakthrough. Nevertheless, it should not go unmentioned that skeptics strongly criticize the use of hypnosis in alleged abduction cases.

In the next section I will therefore discuss the advantages and disadvantages of this tool.

Despite all criticism, hypnosis was subsequently applied by many other researchers and hypnotherapists involved in the investigations. However, some researchers deliberately refrained from using hypnosis because of the sceptics' criticism. After all, some of those affected could even remember clear abduction experiences, or at least parts of them, without hypnosis. Following the Hill case, therapists and researchers were repeatedly confronted with abduction cases that contained elements of the experiences reported by the Hills.

This research work, however, took place largely unnoticed by the public. Results of abduction case studies were only sometimes published in UFO journals or presented at UFO conferences where researchers and interested laypersons met.

It was the New York artist Budd Hopkins who first made the abduction phenomenon known to the general public. Although there might have been other ET encounters after the Hill case that newspapers reported on, like that of Nebraska patrolman Herbert Schirmer of December 1967. After investigating numerous cases, Hopkins published the book *Missing Time* in 1981. This publication had two far-reaching consequences: Firstly, other researchers became aware of the abduction phenomenon and began to investigate it. Secondly, reading Hopkin's book reminded hundreds of people worldwide of their own disturbing experiences. As a result, they took courage for the first time not only to face their experiences but also to contact the

author or other UFO researchers. Thus, following the publication of *Missing Time*, Budd Hopkins received hundreds of letters from potential victims from countries such as Australia, Norway, Lebanon and Canada.[69] Subsequent investigations led Hopkins to publish further detailed case reports in the following years.

*Drawing of a Grey in Budd Hopkins' book Missing Time*

Other researchers also devoted years of work to the abduction phenomenon. In doing so, they often exposed themselves to massive criticism and ridicule from people in their professional and personal environment who

could not understand this type of research. Among these pioneers that published their work in several books are the professor of psychiatry at the Harvard Medical School John Mack, the history professor David M. Jacobs (latest book: *Walking Among Us*), UFO researcher Raymond Fowler, Dr. Karla Turner and Dolores Cannon.

Another milestone in the public perception of the abduction phenomenon was the book *Communion* by Whitley Strieber in 1987. The author, known for his horror novels, claimed that he himself had been abducted by aliens and subjected to medical examinations.

Despite, or precisely because of, this extremely unusual autobiographical story, the book was a surprise success. For weeks, *Communion* was number one on the *New York Times* bestseller list. The face of a typical Grey with the big black, almond-shaped eyes printed on the cover made the grey alien finally known. Confirmed and encouraged by this image and the author's personal experiences, thousands of people contacted the author after the book was published to share their own experiences.

His now deceased wife Anne Strieber, who worked on the mountains of correspondence for many years, estimated the number of letters she received at over a quarter of a million.[70]

All this activity eventually led to an interdisciplinary conference on the abduction phenomenon. It was held at the renowned Massachusetts Institute of Technology (MIT) in 1992 and was organized by Professor Mack and the physics professor at MIT David Pritchard. The lectures and experiencer reports presented at this conference were subsequently published in book form (*Alien Discussions*). By a fortunate coincidence, this massive report was even published in Germany as a hardcover in DIN A4 format with over 600 pages.

But that's not all. In Germany, there was another unique event during this period. Director and producer Christian Bauer not only conducted interviews with leading abduction researchers and abductees. His documentary film *Begegnung der Vierten Art: Von UFOs entführt* (Encounter of the forth kind: Abducted by UFOs) was even broadcasted on German public television in 1993 (available on YouTube). It can be said that the 1980s and 1990s in particular were a period of very intensive research in this field and provided

many new insights into abduction cases. The folklorist Dr. Thomas Bullard also compiled a catalogue of over 300 cases from which a clear pattern emerged. This pattern concerns above all the typical course of the abduction scenario and can be found in the reports from all over the world.

The German researcher Dr. Johannes Fiebag was able to find elements of this pattern in the case reports he collected from Germany, Austria and Switzerland, which he published in several books in the 1990s. In one of these books (*Besucher aus dem Nichts* - Visitors from Nowhere), Dr. Fiebag gives a voice not only to the experiencers themselves but also to psychologists who work with them. One of these specialists is Dr. Hans-Martin Zöllner, senior psychologist at the Psychiatric University Hospital in Zurich, Switzerland. Dr. Zöllner considers the amount of evidence for the reality of abductions by aliens to be »so overwhelming (with the congruence of many detail descriptions) that only ignorant people or people who have another interest in not wanting to make this public can talk about inventions«.[71]

Today, unfortunately, it must be said that abduction research is much less present after this peak in the 1990s. This is mainly due to the fact that pioneers such as Budd Hopkins and John Mack have died in the meantime. There is currently no abduction researcher who has been able to take the place of these recognized and respected explorers of the unknown. However, this does not mean that research on contact experiences with extraterrestrial beings has come to a standstill. International and also German UFO research groups such as MUFON and the *Interdisziplinäre Gesellschaft zur Analyse anomaler Phänomene e.V.* (Interdisciplinary Society for the Analysis of Anomalous Phenomena; IGAAP) continue to receive requests from potential experiencers whose cases they are investigating. Furthermore, there are always new projects established as well as associations of researchers, scientists and experiencers. These include, for example, the International Coalition for Extraterrestrial Research (ICER) consisting of researchers from 27 countries (2021) and the former non-profit organization *The Dr. Edgar Mitchell Foundation for Research into Extraterrestrial and Extraordinary Encounters* (FREE), which conducted a multinational study on ET contact experiences and related paranormal phenomena.

In addition, new impulses emanate from individuals time and again. These include the aforementioned researcher Dr. Ardy Sixkiller Clarke, New Zealand experiencer and researcher Suzy Hansen and Dr. Young-hae Chi from Oxford University, inter alia.[72]

## HYPNOSIS AS A RESEARCH INSTRUMENT: PROS AND CONS

The Betty and Barney Hill case showed for the first time that it was apparently possible by applying hypnosis to restore memories of ET abduction experiences although these memories were not consciously accessible. Such memory gaps, known as »missing time«, are one of the characteristic features of abduction cases. The missing time typically ranges from about half an hour to several hours; in rare cases more than one day is missing in the affected person’s memory. Whether such a loss of time is noticed by the abductee depends on the circumstances under which the abduction occurred.

In a typical nocturnal bedroom abduction scenario, the abductee will usually not notice any loss of time. Only an inexplicable feeling of exhaustion during the next day can result from the nightly activities (besides physical hints). He or she will notice a loss of time especially when the abduction interrupts an everyday activity. For example, a person might wonder that he or she – like the Hills – needed considerably more time to cover a certain distance by car than usually. It is important to thoroughly analyze this temporal aspect of the experience: Thanks to Albert Einstein we know that time is relative. This means that there is no universal clockwork in our cosmos that is equally valid for all beings. Rather, the flow of time is a very individual process. Under special (rather theoretical) circumstances, two people (one likes to use twins for this thought experiment) can even age at different rates. Their individual time therefore runs at different speeds relative to each other. Thus, it is compatible with our physical concept of time that temporal anomalies repeatedly occur in the context of abduction experiences. Curiously enough, there are also isolated reports of a *gain in time*.

This means, for example, that an experiencer arrives at his destination

earlier than he should.

On closer inspection, however, at least the missing time phenomenon is not a real temporal anomaly. Actually, the person concerned does not »lose« any time, but is just incapable of REMEMBERING of a certain period of time. This creates the mere illusion that this time period has been lost in the life of the experiencer. It is not completely clear why the apparent loss of time or the memory gap occurs in these cases. It could be a protective mechanism of the psyche to cope with a traumatic experience. Psychiatry calls this effect dissociative amnesia. This psychopathological process is defined by Psychology Today as follows:

> »Dissociative amnesia is one of several dissociative disorders that mentally separate a person from some aspect of their self, often following trauma or severe stress. In the case of dissociative amnesia, individuals are separated from their memories, suffering abnormal memory loss in ways that significantly disrupt their lives. They may forget a specific event, or they may forget who they are and everything about themselves and their personal history. The person may or may not be aware of their memory loss though they may appear confused.«[73]

However, in abduction cases it seems that the amnesia or memory block is specifically caused by the extraterrestrials. In this sense, Suzy Hansen mentions that the Greys had the telepathic ability to fade her memory.[74] Others also reported that at the end of the abduction experience the beings gave them the intense instruction or suggestion not to remember what happened.[75] Betty Luca, for example, was told that she should not remember what she had experienced until the aliens determined that it should be revealed.[76] And Jack Weiner was instructed not to talk to anyone about it and to cooperate; another time the message was:

> »You won’t tell anybody about this. The time is not yet ripe for this.«[77]

Such an instruction can come along with specific, drastic threats, which do not make the Greys appear likeable at all. Little Amy, for example, was told by a Grey that her cat would be killed if she told anyone about the alien visit.[78] And with Betty Luca it seemed as if she had been programmed by the aliens to feel pain whenever the researchers tried to get access to certain information utilizing hypnosis.[79] Such a connection between Betty's pain and her attempt to remember under hypnosis is corroborated by the experiences of Debbie Jordan (in the book *Intruders* by Budd Hopkins under the pseudonym Kathie Davis). She also had to stop a hypnosis session because her head began to hurt more and more.

After the session, Debbie reported that this reaction was the result of deliberate hypnotic suggestions (or a direct mental influence), although she had never been afraid like this at previous sessions:

> »But now a voice in my head has hammered into me again and again that I have to die if I remember it better. ›Feel your body. Feel it. You must die if you remember. Feel your head. It's gonna explode. Your chest will sink, and you must die if you remember.‹«[80]

However, such posthypnotic orders are not the only means of concealment applied by the strangers. Instead of deliberately prohibiting access to the ET-contact experiences, false memories are placed »over« what has been actually experienced. The extraterrestrials implant certain, sometimes nonsensical *screen memories* into the mind of the abductee. Very typical are memories of animals with big dark eyes like owls, deer and stags which behave strangely. Even in the cases I investigated, I repeatedly came across such screen memories, which I will go into in more detail later.

Ultimately, all these cover-up methods indicate that the strangers want to hide their activities. This is particularly useful if the person concerned shall be abducted and examined over a period of decades. As countless cases have shown, abductions usually begin in childhood and continue throughout adulthood. It is possible that the memory blocks also serve to protect the abductees so that they are not burdened in everyday life by the memories of

the abduction experiences.[81]

Professor Mack wonders whether the complex symbolization in the form of these animal memories are a product of the psyche's unconscious power of disguising threatening elements or whether the memories are induced by the seeming mind-altering powers of the aliens themselves.[82] I will show that the latter is the case. Regardless of the reason for missing time and screen memories, hypnosis has proven to be an effective means of approaching the hidden experiences.

As already mentioned, the use of hypnosis has often been criticized by skeptics. For example, it was claimed that the researchers would subliminally influence their subjects to invent abduction stories under hypnosis by asking suggestive questions. It should first be noted that not all abduction reports were made under hypnosis. Rather, it is the case that those affected often consciously remember certain fragments or even longer sequences of the abduction experience.[83]

With regard to hypnosis itself, it is also necessary to counter the widespread view among laypersons that during trance the subject is under the control of the hypnotist and is virtually switched off. Instead, the range of trance states known as hypnosis is quite wide. As a rule, the subject perceives hypnosis only as a state of deep relaxation and can remember everything after the session. In any case, the consciousness or the rational mind is never switched off (under normal circumstances). However, the deep relaxation enables a particularly good access to the unconscious level of the test person.

Furthermore, a person under hypnosis is never a tool without a will, even if some hypnosis shows try to convey something different to the viewer. In principle, in an induced hypnosis happens the same as we spontaneously experience during a visit to the cinema. Here, too, our subconscious is open to external influences (images, sounds, voices) and such receptivity is the result of relaxation during the film screening.

The effect of this is so intense that our body even reacts to what we perceive. And such unconscious, autonomous body reactions (such as crying, goose bumps, muscle tension) take place *although* we know perfectly well on a rational level that there are only actors displayed on a screen and that the story told is fictional. Hypnosis is therefore a completely natural state, which

we experience again and again in everyday life.

Nevertheless, concerns about the use of hypnosis are not entirely unjustified. In the state of hypnosis, the memory is extended, one speaks of hypermnesia. In this way, we may be able to remember specific events from our childhood which we do not remember consciously. On the other hand, however, the suggestibility and, above all, the imagination of the test person in trance is greatly increased. As a consequence, there may occur so-called confabulations: Memory gaps are filled with pure fantasy. Furthermore, a deliberate distortion of memory may be achieved. Various studies have been carried out to investigate this. They showed that it is possible – even without hypnosis (!) – by applying certain tricks to implant a false story in a person's memory.[84]

All this should be known. However, it does not mean that hypnosis is unsuitable as a memory aid in abduction cases. As has been proven again and again, many of the memories uncovered under hypnosis are *not* pure fantasy products. Thus, persons who were not in contact with each other *unanimously* reported under hypnosis specific details of the examinations by the aliens.

It also happened that during the abduction scenario other persons were seen, such as their own children. When these were interviewed it turned out that they were indeed also affected and – as reported under hypnosis – had participated in the events described. An example of this is the extremely complex and not uncontroversial case of Linda Napolitano (pseudonym Linda Cortile), which Budd Hopkins investigated. Linda and another abductee (Marilyn) remembered a joint abduction experience in which Marilyn also saw Linda's son Johnny lying on a table.[85] Dr. Clarke reports another astonishing case. Two abductees onboard an ET spacecraft managed to exchange names. Thus, they were able to get into contact after their joint abduction experience. They met and could compare their individual memories of the events (both were doctors and both were missing three days).[86]

Ultimately, it can be said that any form of influence by the hypnotist or researcher must of course be avoided. This applies both to discussions held prior to the hypnosis session and to any subliminal influence during the course of the session.

In addition, the researcher should always try to objectify the report as far as possible – regardless of whether hypnosis is used or not. This can be done, for example, by comparing the revealed experience with other accounts from abductees. Such a comparison is all the more valuable the less prior knowledge of the abduction phenomenon the person concerned has and the more specific the reported details are.

On the other hand, nowadays the description of a Grey alone has almost no probative value. The appearance of these figures has simply become too familiar. Therefore, a verification is always necessary. Very rarely will there be a direct witness of the abduction whose testimony corroborates the event (as in the famous case of Travis Walton, a forestry worker). But also indirect witnesses can support the reality of an abduction experience. Budd Hopkins reports dozens of cases in which people have actually been missed and searched during a missing time episode.[87] Also in one of my cases a girl noticed at night that her mother had disappeared and could no longer be found in the house. The next morning, mother and daughter both remembered a bizarre dream in which they were together in a strange environment. In addition, the location and date of an alleged ET encounter may be checked by searching for reported UFO sightings that occurred at the time and place of the abduction. For example, there may be witnesses in the neighborhood who saw inexplicable lights, newspaper reports, or even (as in the Hill case) civil or military radar reports.

The more such indications can be gathered, the more likely is the reality of the abduction scenario reported under hypnosis. Cases that could be confirmed in this way demonstrate how helpful the use of hypnosis is in researching this phenomenon. Another source of information that I consider valuable also recommends hypnosis as an important technique to get access to past ET-contacts.[88] Two aspects of hypnosis work are cited by this source. First, the tool of regressive hypnosis: In the trance state, the client is led back to an event in his or her past and can describe what he or she remembers. Interestingly, the technique of ideomotoric signals, which is often used in hypnotherapy, is also referred to. The source aptly explains:

»This ignores the patient’s verbal abilities and thus avoids

much of the censorship by waking consciousness.«[89]

From my own experience, I can confirm the effectiveness of this special technique of exploring the subconscious. The procedure is simplified as follows:

1) It is agreed that if, for example, a question is to be answered with »Yes«, the left index finger of the test person is raised.
2) In the state of trance, a question to be answered with »Yes« or »No« is addressed to the subconscious mind of the test person (for example, whether the cause of a certain behavioral problem, that is not accessible to conscious memory, lies in childhood).
3) If the answer to the question is »Yes«, the left index finger raises automatically, i.e. without the movement being performed consciously. The subconscious sends corresponding nerve signals to the musculature, which then performs the finger movement.

The fascinating thing about this technique is that one receives information directly from the subconscious without the communication having to take a detour via the consciousness. Thus, the danger is excluded that the consciousness or the rational mind distorts this information. In fact, even before I came across the source quoted above, I used a combination of ideomotorics and hypnosis regression in my work with abductees. Before leading the person to the possible ET contact experience, I have the subconscious mind's willingness to reveal these memories confirmed by an ideomotoric signal (despite own protective mechanisms and/or opposing post-hypnotic commands from the aliens). This has proven to be very effective.

In any case, it is astonishing that hypnosis offers a possibility at all of approaching abductees' memories. Clearly, the extraterrestrials do not want this information to be revealed. It seems almost as if this is a kind of flaw in the alien system, which is geared towards secrecy and undetected action.

However, such impression could be deceptive. After all, the Greys may have noticed in the meantime that they not only leave behind typical clues such as bruises on the bodies of abductees, but that memories of abductions have been brought to light in hundreds of cases with the help of regressive

hypnosis.

Nevertheless, they do not seem to be taking deliberate action against this. We should therefore consider the possibility that this is a tolerated leakage of fragmented information. But why all this?

As we will see towards the end of this book, for some time now a complex inter-species plan seems to be unfolding in the background of our everyday perception. A decisive aspect is our further evolution as humanity into a planetary species. This presupposes an expansion of our consciousness, which goes hand in hand with an expansion of our perception. A crucial obstacle is that we humans give up our self-centered and arrogant view and acknowledge the existence of countless other intelligent beings in the cosmos. The Greys seem to be playing their part in that. Consequently, the knowledge accumulated over decades about the abduction phenomenon would be an essential component of a successive conditioning of mankind with regard to open contact with extraterrestrial civilizations. Or as a wise source puts it:

> »You [*the humans and the Greys*] are closely tied together in an evolutionary dance. You are both on the threshold of greater knowledge and awakening. They are awakening to a more comprehensive reality, and so are you.«[90]

A strange experience of an abductee seems to support this hypothesis. It seems trivial. Abductees often wake up and find parts of their nightwear turned to the left or put on upside down. A young man described to me a memory in which a little Grey helped him put on his nightwear after an abduction had occurred. The alien put his shorts on back to front. When the young man protested, the Grey did not correct his mistake. Rather, he seemed to be quite aware of this. The abductee understood the alien's reaction in such a way that the wrongly arranged garment was intended as a later clue to the nocturnal experience. This is in line with Saskia's assessment in this regard:

> »They're there, and they want us to know they're there. I am sure that it is not due to a ›mistake‹ that we remember certain events or occasionally discover physical evidence in the form

> of small scars, wounds or punctures. There's an intention behind this.«[91]

All these indications appear like small cracks that gradually make the mirror of our everyday reality more permeable. Until one or the other succeeds in catching a glimpse through it for a brief moment. To another hidden mirror that represents the next level of reality.

If we want to look behind this mirror as well, we must first add so many cracks to the first one until it shatters into thousands of small pieces.

## INDICATIONS OF THE REALITY OF THE ABDUCTION PHENOMENON

Now that we have talked about abductions and previous research, including the use of hypnosis, it is time to take a closer look at the reality of this phenomenon. Just as the reality of the UFO phenomenon is beyond question, it should be examined whether the same applies to the thousands of abduction cases reported worldwide. For this purpose, we should first look at what led the leading abduction researchers to accept the reality of this phenomenon. When we speak of reality in this context, we must not make the mistake of equating this concept of reality with the everyday reality familiar to us.

In his second and last book on the subject of abduction (*Passport to the Cosmos*) Professor John Mack deals extensively with the question of what kind of reality is actually inherent in the abduction phenomenon. In this regard he notices the following:

> »Abduction experiences themselves, whatever their source, can be distinguished clinically from dreams and other mental states by both the abductees and those who work with them. They have the properties of real events however impossible such happenings may appear to be from a consensus reality or scientific standpoint. The other realms that abductees perceive have certain properties that differ from those we generally associate with everyday material reality. For example, distortions of time may occur, or the sense of time may be

> absent. Modes of transport seem not to follow known physical laws, and perceptions may be altered, even to the point where experiencers may see or hear what others do not.«[92]

At present, we can only speculate about the reasons for such unusual perceptions. It could be, as mentioned before, because the abductees are in a different reality or dimension during the abduction process.

I will go into the temporal aspect of this in more detail on the basis of specific case reports. It could also be, however, that the strangers deliberately hide certain optical or acoustic events from outsiders by influencing their perception, i.e. in the same way as a so-called negative hallucination can be produced in very suggestible persons during a hypnosis: The hypnotized person does not see an object even though it is there.

It is also possible that some abductees have an expanded consciousness and additional perceptual abilities due to their experiences. Similarly, a psychically gifted person can retrieve information about distant people, objects and events through unexplored channels of perception. This astonishing ability of remote viewing, whose existence is undoubtedly proven, will be discussed in more detail in Chapter 4. The extremely difficult question of the level of reality at which ET abductions take place should, however, be left aside for the time being. Instead, we should better turn to the circumstantial evidence that underscores the reality of abductions even by our everyday standards.

Let’s take a look at what led Pulitzer Prize winner and professor of psychiatry at Harvard Medical School John Mack to spend a decade dealing with dozens of abduction cases (until his premature death in a tragic accident). What convinced Professor Mack to continue his work with abductees against massive criticism from his colleagues, even though the administration of his own university initiated disciplinary proceedings against him (which were finally closed for lack of verifiable misconduct)? When Professor Mack was introduced to Budd Hopkins, he was initially skeptical about the claim of alleged contact with aliens. However, after working intensively with a number of patients and subjecting them to numerous psychological tests, Professor Mack concluded that a mental disorder should

be ruled out as cause of the abduction reports.

The psychologist Gerd Höchsmann, who used statistical methods of critical psychology to examine one hundred and twenty abductees, reached the same conclusion.[93] In Professor Mack's view there is a whole series of indications that speak for the reality of the reported experiences.[94] According to Professor Mack, the following components of abduction cases – apart from the absence of a mental illness – are of particular importance:[95]

- The high degree of consistency of detailed reports and the strong emotional involvement of the persons who believe to have had such experiences.
- Physical changes and injuries to the bodies of those affected.
- The connection with UFOs sighted by independent witnesses in local and temporal proximity to the abduction experience.
- The reports of children at the age of two or three about abduction experiences. It should be noted here that although these children could theoretically have been influenced by their parents, an influence by media or literature, as in the case of adults or adolescents, can be ruled out. One example is described by author and researcher Dr. Johannes Fiebag.[96] The two-and-a-half-year-old son of the abductee Maria Struwe began to tell of strange »monsters« who visited him at night, and he drew heads of figures with large black eyes.

Similar observations were made by psychiatrist Dr. Henning Alberts, who cites the following arguments for the assumption of real experiences:

1. The »abductees« refer to scars that are inexplicable to them.
2. They experience the repressed event too differentiated with all senses and often too consistent.
3. There were some family members who came as witnesses and also had »abduction experiences«.
4. Children, preferably between the ages of three and five, sometimes witnessed the presence of such beings and drew their appearance, which was amazingly consistent with the

description of adults.[97]

In particular, the consistency of reported details is an extremely remarkable point, which in any case cannot be explained by a mental disorder, deliberate fraud or subliminal influence of the hypnotist. Such details may include descriptions of the instruments used by the extraterrestrials or specific examination procedures.

Especially at the beginning of abduction research these details were only known to a few researchers. However, the more books on the subject were published, the greater the likelihood became that those allegedly affected had consciously or unconsciously acquired the relevant detailed knowledge from literature. Some researchers, such as Budd Hopkins, therefore deliberately withheld certain information (such as observed symbols and characters) in order to use it to verify future cases.[98] Dr. Don C. Donderi compared such symbols from Hopkins's confidential files with symbols that Betty Hill saw on a book on board the alien craft and that she sketched from memory for her niece Kathleen Marden in August 2000.[99]

Dr. Donderi came to the conclusion that Betty's symbols looked remarkable like many of the symbols collected by Budd Hopkins since 1975.

Again and again, the investigations revealed new, often bizarre details, which the researchers were initially skeptical about. They then »reserved« such aspects – as Professor David M. Jacobs describes – and waited to see whether these details would recur in later cases.

## PATTERN

But it is not only the consistency of details that speaks for the reality of the abduction reports. What is particularly astonishing is the identical pattern that runs through the many hundreds of cases investigated. Researcher John Carpenter notes that the descriptions of the abductees, which always coincide, are almost boring.[100]

Unlike a dream, the images in these reports would lack creativity and diversity. If people were inspired solely by spectacular science fiction films from Hollywood and their fantasies, there would be a much broader spectrum

of aliens and alleged experiences. In contrast, the stereotypical process of an abduction by Greys is well defined. It turned out that the whole experience can be subdivided into certain acts which are to be found again and again. The folklorist Dr. Bullard, for example, has identified eight steps in the abduction pattern:[101]

1. Capture: The witness is physically brought aboard a UFO against his will.
2. Examination by the alien beings.
3. Conversation with the aliens (telepathic).
4. Tour on board the spacecraft.
5. Journey to other worlds.
6. God experience: The witness has a religious experience.
7. Return.
8. Aftermath: The witness shows certain aftereffects – scars and other body marks, post-traumatic stress disorder (PTSD), nightmares, experiences with Men in Black, new interests for example in technology and physics, environmental awareness, spirituality/belief.

Not all of these acts have to occur, but phases 1, 2, 7 and 8 in particular are regularly present, while the other phases are optional and rather rare. The individual phases in turn have their own internal patterns. For example, the examination of abductees by the alien beings follows a detailed procedure that often looks like this:[102]

1. Preparation.
2. Manual examination.
3. Scanning by a device.
4. Examination using instruments.
5. Sampling.
6. Examination of the reproductive organs in particular.
7. Neurological examinations.
8. Exploration of the behavior pattern.

After having treated the topic of abductions rather abstractly so far and

sketching the rough course of the abduction scenario only in key points, I would now like to describe a typical abduction experience. This is not an individual case that happened in exactly this form but a hypothetical scenario based on published case descriptions and cases examined by me. This has the advantage that the reader gets to know an overall scenario covering phases 1 to 8, whereas the actual case descriptions usually do not include all phases. Phases 3 to 6 of the above abduction pattern are rarely reported.

This applies in particular to journeys to other worlds and religious experiences. Nevertheless, the following is not a fantasy scenario. Rather, all components of the abduction scenario described (including the alternative scenarios presented) have already appeared in a large number of actual case reports. For this reason, I list in the footnotes the corresponding references to books of recognized abduction researchers for each aspect of the following sequence of events.

If you are interested, the specific cases in which these aspects are described can be read there.

**The capture**

The typical starting point of an ET abduction experience is the person's own bedroom (although in particular abductions out of vehicles are often reported as well). Either consciously or by means of a hypnosis regression, the abductee remembers waking up in the middle of the night in his bed. It is also typical that the person is frightened to find that he or she can no longer move or speak. At this point it seems important to me to briefly go into the phenomenon of so-called sleep paralysis, a popular objection by skeptics.

Sleep paralysis is a natural physical phenomenon that prevents movements experienced in dreams from being carried out.[103] The paralysis of the entire body described by the abductees is very similar to the description of such a »natural« sleep paralysis. In both cases, the awakening person no longer has control over his or her body and can usually only move the eyes. However, I have the strong suspicion that the phenomenon of so-called sleep paralysis is not yet understood in large parts and is often associated with extraordinary (consciousness) experiences of the person affected. It seems understandable to me that after the sudden awakening dream contents may

remain present for a short moment. However, why visual, tactile or acoustic hallucinations should occur in one third of those affected is not easy for me to understand.

If only – as is claimed – the REM sleep-typical lack of muscle tone is extended to neighboring waking phases, why then should a changed state of consciousness occur which triggers hallucinations?

The following sentence quoted from Wikipedia seems to me to be downright revealing:

> »The hallucinations can also have the character of out-of-body experiences and the view of one's own body from the outside [autoscopy].«[104]

I beg your pardon? The hallucinations should partly have the character of out-of-body experiences? Such a hallucination seems to make little sense, apart from the fact that the occurrence of hallucinations (not of dream images) in the wake-up phase is inexplicable at all. This reveals a very limited view of the scientists working on sleep paralysis. Because a patient reports having seen himself lying in bed from above, a hallucination is used as an explanation. However, one seems to overlook the fact that the phenomenon of out-of-body experiences (OBEs), as well as so-called near-death experiences (NDEs), in which similar elements emerge, have been seriously researched for many years.

Robert Monroe already described his own out-of-body experiences and corresponding investigations in his book *Journeys Out of the Body* (1971). Since then, numerous scientists around the world have devoted themselves to researching such experiences. For example, the American psychiatrist Dr. Raymond Moody, in his 1975 book *Life after Life*, presented the research results of one hundred and fifty near-death events in which out-of-body experiences regularly occur. The experience usually begins with an unusual acoustic perception, for example in the form of a humming noise. Moreover, a feeling of paralysis seems to be a kind of precondition for an out-of-body experience, as psychologist Dr. Thomas Deutschbein writes.[105]

I myself know several people who have had such out-of-body or near-death experiences. In any case, there is increasing evidence that something

non-material such as a soul/consciousness/spirit exists independently of our physical body. One should therefore ask oneself whether these persons did not actually have an out-of-body experience during the sleep phase instead of postulating strange hallucinations.

There is another point that our Western rational-scientific worldview would like to put aside as a medieval myth. The topic of sleep paralysis in Wikipedia continues with:

> »Very widespread in all cultures was the idea that a demon sits on the sleeping person's chest and takes the air out of him to breathe. In Europe there was the idea of the nightalb or incubus that haunts its victims in their sleep. In Mexico and with the Yoruba there were witches, in southeast Asia the spirits of deceased and in Ireland and Scotland so-called *hags*. […] In art, too, sleep paralysis is often portrayed as a nocturnal visitation by a demon.«

In fact, the notion of a nightly visitation by demons seems ridiculous. However, for those who have experienced such a visitation once, this is anything but that.

Several female victims, whose credibility is beyond doubt, have told me independently of each other that they were haunted by a kind of »being« in their bedroom, whereby this contact was nothing less than an explicit rape. This visitation, in part, did not take place during sleep but in the awake state. All those affected were also certain that this could not have been an intense nightmare, but that they had experienced the traumatic assault physically. Furthermore, the phenomenon of possession is widespread in many cultures. I received witness accounts from Ethiopia, Eritrea and Kenya and witnessed the disturbing event of a possession myself. However, we should leave this topic aside although it is another important aspect of the great riddle pointing to a multidimensional universe.

Here, I would like to put the focus on the typical, very well investigated abduction phenomenon which is linked to the species of the so-called Greys. But such abduction experiences with Greys apparently only make up a small part of the overall picture of experiences with non-human intelligence. In the

reports of the Central American Maya this becomes obvious. They encountered a number of different species, in particular very tall humanoids with white skin.[106] Thus, a complex and multi-layered parallel realm seems to exist, which at least our western world is just beginning to discover.

The physician and psychiatrist Dr. Rick Strassman, for example, came across this bizarre realm and its inhabitants during his clinical research with the psychedelic DMT (N,N-dimethyltryptamine) approved by the DEA. In his book *DMT: The Spirit Molecule*, Dr. Strassman describes in detail the conduct of his study, including the bureaucratic hurdles, and the insights gained from it.

And Robert Monroe also reports how his exploration team »met with intelligent beings who were more or less willing to communicate« during the systematic exploration of out-of-body states.[107] But now we want to turn again to the much more tangible abduction phenomenon, which (also) takes place on our level of reality and leaves behind physical clues.

We have seen that the abduction scenario usually begins with a nightly awakening accompanied by paralysis. The complex process that follows speaks *against* the theory of sleep paralysis. While the person lies paralyzed in his bed and can only move his eyes, he often notices the presence of strange figures in his bedroom. Often one or more typical Greys are described, which stand at the foot of the bed or beside it. If the inability to move suddenly ends, the person usually tries to wake up the (married) partner lying next to him or her. However, he or she has to desperately find out that his/her partner does not react to either acoustic or physical stimuli. In this phase all other family members seem to be switched off, so that the person is left alone in his/her situation of fear and confusion.[108] For example, when after an abduction Pat was brought back to her house by the Greys, she saw her whole family sitting dazed in the living room.[109] The Mayan experiencers also report of family members and other abductees that appeared to be in a trance-like, frozen state.[110]

After the switching-off of witnesses, there are two typical, alternative scenarios.

*Scenario 1:* The person is caught by a kind of beam and levitated helplessly from his bed. There are repeated reports of how abductees are

surprised to find themselves moving through closed windows or walls. From our knowledge of physics, such a penetration of solid matter by a living body seems to be an impossible process. But it is precisely the apparent absurdity of this event that speaks for the sincerity of the abductees that report such an experience. If they were only interested in offering the researcher a convincing story, they could think of a way into the spacecraft that does not contradict our everyday notions like this.

At this point it must be taken into account that our physical knowledge still has enormous gaps (as mentioned before). Therefore, we cannot rule out the possibility that a much more advanced species can technically master such a process. Incidentally, we should be aware of something else: A wall consisting of seemingly continuous – quasi gapless – matter is a pure illusion! Like any other object, the wall is made up of molecules, which in turn consist of atoms. Nearly all mass of an atom (99,9 %) is concentrated within its tiny nucleus, whose diameter is only 1/20,000 to 1/150,000 of the diameter of the electron shell.[111] What we perceive as a solid material continuum thus essentially consists of empty space.[112]

After windows or walls have been effortlessly penetrated, the abductees move outside their house and finally float towards a spacecraft hovering in the sky. Sometimes an opening or hatch is observed on its underside, but often there is no memory of the exact moment of entry into the vehicle.

*Scenario 2:* After the person notices – mostly full of horror – the strange figures at his bed, they calm him/her down with telepathic messages and instruct the person to follow them outside. The human being is often escorted by Greys, whereby one of these beings is behind and the other one in front of him/her, while it goes (depending on the location) stairs down and through the front door to the outside. The abductee often has the feeling that he/she is not walking him-/herself but rather moving above the ground in a floating manner.

The trip then leads to a spacecraft which is located not far from the house in an open space, for example a clearing in the woods.

**The examination**

When they arrive at the UFO, the abductees are asked by the alien beings

to take off their clothes and shoes, or these are removed by the aliens.[113] They are then asked to lie down on a kind of examination table. The environment is described as medically sterile and the room as rounded. The abductees are often surprised that they cannot identify a light source.

The examination process begins with a manual examination by the Greys. While the small Greys perform preparatory actions, usually a taller representative of this species is present, which is described as a kind of doctor or leader and performs the more complicated procedures.[114] For example, he uses his fingers to scan the spine, feet and toes of people or to test the mobility of joints.[115] Also, a mechanical device coming from the ceiling is often described with a kind of lens at its end that resembles a big eye.[116] This device moves across the human body, and the patient has the impression that a scan, similar to an X-ray, is being performed.

Neurological examinations also appear to be part of the process. Thus, Steve Kilburn remembered how something was pressing against a certain part of his back, causing his right leg to twitch strongly each time he felt the pressure.[117] Neurosurgeon Dr. Paul Cooper, who discussed this episode with Steve, concluded that a specific nerve was stimulated. Steve's description corresponded exactly to the motor reaction that occurs when the so-called femoral nerve is stimulated.[118]

The Greys then use various instruments to perform further physical examinations or take samples.[119] The samples taken from the abductees include blood, skin, hair, fingernails, toenails and urine.[120] Furthermore, not only body orifices such as mouth and ears are examined and probes are inserted.[121] It is often reported that a thin and flexible needle about thirty centimeters long is pushed through a nostril into the frontal sinus or even into the brain.[122] This procedure is perceived as extremely painful.[123] Some abductees noticed that the inserted needle was piercing something in their head.[124]

Apparently, this measure serves to insert an implant into the head of the abductee. In a few cases, abductees could perceive a small round object at the tip of the needle which was missing after the needle had been pulled out. It has also been observed how such an object was removed from the head.[125]

These reports provided a surprising explanation for a process repeatedly reported by abductees, which until then seemed to make no sense. Abductees often had nocturnal nosebleeds, or there were drops of blood on the pillow or nightgown in the morning. There is much to suggest that this is an aftereffect of the observed insertion of a needle through the nose. Thus, in this respect it was possible to establish a clear link between specific abduction memories and typical physical characteristics.

It is unclear whether the very painful procedure that Jim Weiner underwent also served this purpose.[126] Jim remembered under hypnosis that something – like a needle – was stuck right in the back of his head. An equally painful procedure on her head was remembered by a client in one of our hypnosis sessions, after a typical abduction scenario had emerged. She associated this process with the insertion of an implant.

Another procedure performed on female abductees appears to be related to the reproductive program, which we will discuss in detail later. Betty Hill was the first to describe how a long needle was inserted into her abdomen through her belly button; Betty Luca reported the same procedure.[127] UFO researchers pointed out the similarity of this process with amniocentesis (amniotic fluid examination), which was still at the experimental stage in 1961.[128] This is a puncture of the amniotic sac of a pregnant woman to examine the fetal cells in the amniotic fluid. However, in human amniocentesis, the needle is not inserted through the navel. Therefore, the purpose of this medical measure carried out on board the spacecraft, which has also been reported by other female abductees, is not entirely clear.

It is striking that during the physical examination particular attention is paid to the human reproductive organs. Many women report gynecological examinations and egg retrieval.[129] However, not only the female abductees are affected by the strangers' interest in the reproductive organs but also men. Male abductees repeatedly described how their genitals were examined or how sperm was taken from them using special suction devices.[130]

Barney Hill also had such an experience. Since he was deeply disturbed by this humiliating intervention, the description of the sperm sampling was deliberately not included in John Fuller's book on the Hill case.[131] These measures relating to the male and female reproductive organs appear to be

linked to the hybrid breeding program carried out by the ETs. 41% (= 1,141) of the participants in the FREE-study believed they were part of such a breeding program.[132]

The possible purpose behind it and what further hints there are for such a project, we will discuss in detail when we turn to the motives of the Greys.

After all, a regular part of the examination scenario is a kind of mental exploration. It is reported that a Grey stares with his big black eyes at close range into the human's eyes. In other situations, too, there occurs such intensive eye contact. In seven of the eight cases examined by Dr. Karla Turner for her book *Taken*, the women concerned reported how the face of a Grey was close to their own.[133] For example, Lisa describes this process as follows:

> »Sometimes I see nothing but that, just their eyes and nothing else that happens.«[134]

In one of my cases, too, a childhood experience resulted in such eye contact with a Grey, which the experiencer described almost identically.

In these reports, the astonishing effect of the strange eyes, which exert a kind of profound hypnotic compulsion, is repeatedly pointed out.[135] Sheila describes this contact with the following words:

> »There is a power in those eyes. […] He controls with his eyes. […] They take control and then you don't have the energy to fight.«[136]

The abductees have the feeling that the alien is able to explore their thoughts, feelings and memory contents during the intensive eye contact.[137] Thus, apparently a kind of *mind scan* takes place. During this process the extraterrestrials often generate intense emotions in humans, including sexual excitement or film-like scenarios that are often recognized as false.[138] In particular, apocalyptic scenarios are presented to the abductees on screens on board the UFO. The disturbing images often concern the devastation or destruction of the Earth by natural or warlike influences.[139]

The purpose of these demonstrations is unclear. Possibly emphatic

warnings shall be conveyed to the abductees by this process. It also has been repeatedly reported that the aliens expressed their direct concern about the destruction of the environment by humans. For example, during the Ariel School Sighting in Ruwa, Zimbabwe, several children received a telepathic message from the strangers about human-induced pollution of the environment.[140] It is also possible that, by presenting frightening doomsday scenarios, the emotional reaction of the humans to these images shall be analyzed.

The sexual excitement telepathically stimulated in this way also seems to serve the breeding program of the strangers. According to the findings of Professor David M. Jacobs, the aliens' behavior shows that they use the physiological reactions triggered by sexual arousal to obtain eggs and sperm.[141]

It is equally puzzling why the strangers often stage sexual acts between abductees.[142] In addition, there are occasional reports of sexual interactions with human-like beings whose description resembles the appearance of hybrids.[143] Dr. Jacobs suspects, based on reports, that forced or controlled sexual intercourse between abductees on board a UFO is also aiming at the collection of semen.[144]

Possibly, however, in these cases of sexual contact it is not only about the breeding project operated by the aliens. Instead, the ETs could also use the sexual act to study human behavior and emotions. This assumption is supported by a memory of Lisa. She believes that, during a nocturnal visit to her bedroom, the aliens made her have sex with her partner while they were observing the intercourse.[145] A young man told me about an explicit encounter with Greys where exactly the same thing happened. The aliens' strong interest in human emotions is also proven by Scott, who makes corresponding statements through his alien part:

> »I must say the human being has very heightened emotions, too much for me to process at times. We are very sensitive, but our emotions are not as primitive as your own. Your emotions are recreation in a sense. […] Our evolutionary process has deemed emotions less important than

> understanding, but it's like candy to a child your emotions to us. It is like a drug that we enjoy very much.«[146]

In a very similar way, Peter describes the interest of the strangers in our emotions:

> »They want our love and how it is we love and care and have such compassion. They also are terrified of our anger and our ability to hate and kill […].«[147]

These remarks provide a coherent explanation for further observations. Greys react to sudden outbursts of rage by abductees, in which they briefly overcome their state of paralyzation, visibly overwhelmed and frightened. Catherine provides an example of this. Despite her paralyzed condition she managed to express her anger about the treatment by several small Greys.

They could feel Catherine's negative emotions, »they get kind of scared because they don't feel that intensity so they really don't know how to handle it, especially now that the taller one's not there«.[148] It is therefore not entirely clear whether and when sexual interactions staged by the ETs serve the reproductive program or at least their interest in human emotions.

**Conversation with the aliens**

The return scenario described below regularly follows directly after the examinations. In some cases, however, there is a conversation with one of the aliens before the return. The extraterrestrials give the person information, for example regarding the purpose of abductions or their role in the project, or even allow the human to ask questions. Whether and to what extent such open communication takes place seems to depend strongly on the inner attitude of the abductees. The more they are able to overcome fear and horror in the face of this extraordinary experience, the more likely the strangers seem to be willing to express goodwill.

Catherine describes this very vividly as follows:

> »If they come to you and your first reaction is to act like a scared lab rat and curl up in a corner of the bed and try to hide,

> like a rat in a corner of a cage, and they have to come get you for whatever reason, they're going to treat you in that manner. But if you react like, ›Okay, let's deal. Let's try to have some kind of meaningful interaction‹, I think their reaction is going to be a lot more respectful and a lot more on a peer level than if you react in an immediately fearful way.«[149]

**Tour aboard the craft**

This peer-level-interaction between ETs and abductees may include, in addition to voluntarily giving information, other acts of trust. For example, Betty Hill was shown a special book as well as a star map, which we will discuss in more detail.[150] Other abductees reported to be shown around on board including access to various rooms.

In her book *The Dual Soul Connection*, New Zealand experiencer Suzy Hansen describes several of such guided tours on board the ET craft, including a visit of the Greys' private rooms.

**Journey to other worlds**

Few experiencers, including Betty Andreasson and the Maya elder Raul Manuel, also enjoyed the privilege of visiting alien worlds.[151] These can be hidden places or facilities below the Earth's surface, as well as planets outside our solar system.

**God experience**

Religious or God experiences are reported only very rarely. Usually it is about an elusive, overwhelming encounter with a higher authority that is interpreted as the Creator. Betty Andreasson had several experiences like this. They are described in detail in the books of UFO researcher Raymond Fowler, among others in *The Watchers* and *The Watchers II*.

**The return**

After the examination described above, the abductees are handed back their clothes and shoes or they are put on by the strangers. It is clear that there

may well be some confusion (in particular, if there is a large number of abductees on board as repeatedly has been reported). As we will see in more detail, some abductees have reported that the next morning they wore parts of their nightwear upside down or even found unknown items of clothing on them. For reasons that have not yet been clarified, there is usually no memory of the actual leaving of the spacecraft (or of entering it). Then the aliens bring the abductees back to the starting point of their abduction.

Here, too, errors can creep in. The next morning, abductees sometimes found themselves lying upside down in or next to the bed. In rare cases, the victims even reappeared at a remote location.

**The aftermath**

The various aftereffects of abduction experiences are of particular importance for the assessment of possible cases. The abductee shows certain physical and/or mental consequences which are typical for abduction scenarios. For example, the person may discover new scars or other body marks on himself/herself or may suffer from nightmares, flashbacks (short fragments of memories of the abduction experience) or other features of a post-traumatic stress disorder. New, very strong interests, for example in physics or technology, often arise.[152] In many cases, those affected develop an increased environmental awareness or a profound interest in spirituality. This is often accompanied by a reorientation of one’s career, for example to a health profession.

However, the changes following an abduction do not only affect the behavior and body of the person. Weird things also happen in the environment of abductees. In some cases, they feel as if they were under surveillance, or strange people appear. These are mostly men in dark suits, some wearing hats and sunglasses, who question or intimidate witnesses. What is behind this very odd phenomenon called »Men in Black« is still completely unclear. Some witnesses describe a bizarre, sometimes robot-like behavior of these figures, which often vanish into thin air from one moment to the next.

For the UFO or abduction researcher, the physical aspects of these aftereffects are of particular interest. They offer an opportunity not only to

verify the credibility of witnesses, but also to prove the reality of the phenomenon. I will therefore go in more detail into these physical clues and witness testimony in the following section. A detailed discussion of certain indications is also given in the chapter »Abductions in Germany«. Here I show in detail that such circumstantial evidence appears equally in the reports of U.S. abduction researchers as in the cases investigated in German-speaking countries.

## PHYSICAL CLUES AND WITNESSES

In Chapter 1, I already mentioned that there is physical evidence for the UFO phenomenon. Such evidence includes traces of landing, changes in vegetation or increased radioactivity at the landing site.

In addition, there are many hundreds of reports on electromagnetic and gravitational effects (EMG) of the unknown flying objects.

Given this, the German research group IGAAP (*Interdisziplinäre Gesellschaft zur Analyse anomaler Phänomene e.V.*) headed by physicist and renowned UFO researcher Illobrand von Ludwiger is conducting an EMG project to collect data on such interactions.[153] On the basis of this data, a physical theory shall be developed that can explain these effects. As IGAAP explains, such a theory must be able to physically derive not only the generation of artificial gravitational fields, but also the glow of the atmosphere around these objects, an »emission« of coldness, the absence of air friction during supersonic flight, »solid lights« (seemingly rigid beams of light emanating from the objects) and the sudden disappearance and reappearance of the objects. Perhaps the Unified Quantum Field Theory of the German physicist Burkhard Heim can achieve this.

In any case, Heim’s theory can already provide a uniform mass spectrum of elementary particles and previously misunderstood values of physical constants (fine-structure constant, Landéscher g-factor). It remains to be seen whether it will be possible to physically deduce the various phenomena associated with UFOs; maybe this can only be achieved through an interdisciplinary cooperation between international leading experts.

In the following, however, physical evidence for the abduction

phenomenon in particular is discussed. After the investigation of dozens of abduction cases it became apparent that the abductees repeatedly described the same physical characteristics for which they had no explanation.

These include:

- inexplicable scars and so-called scoop marks – these are small round holes in the skin tissue,
- nocturnal nosebleeds, one-sided (without disposition),
- bruises/hematoma occurring overnight, especially on the arms or legs,
- electromagnetic anomalies, i.e. malfunctions of electronic devices close to abductees,
- implants.

Since I will go into points 1 to 4 in Chapter 3 »Abductions in Germany« in more detail by comparing German and US-American cases, I will limit myself here to the topic of implants.

In connection with the abduction phenomenon, an implant is understood to be a small artificial object that is inserted into the body of a human by an ET. Many abductees were able to remember this process, which usually takes place on board as part of the examination.[154] Betty Luca, for example, describes an object the size of a small air rifle pellet that seemed to be covered with tiny wires.[155] The ear and neck implants described by Amy also have this detail of tiny wires.[156] And Joe is transmitted by the aliens the image of a small, silvery, pill-shaped object with four tiny wires.[157] The most common variants are nasal and ear implants.[158] When using nasal implants, a small object is pushed with a long thin needle through a nostril into the frontal sinus or further.[159] Similarly, with ear implants, the object is inserted deeply into the human head through the ear opening with a long needle.[160] Leah Haley remembers how a Grey did something with her right ear, and felt a sting as if something was pushed into her ear.[161] When one reads the abduction reports of these extremely painful procedures, it is not surprising that abductees often suffer from long-term effects throughout their lives. Nosebleeds and problems with the frontal sinuses and hearing are most frequently described.[162]

This raises the question of why the strangers impose these tortures on people. It is obvious that the objects inserted into the human body fulfil a technical function. However, it seems that the implants serve different purposes. At least, this follows from the statements of the aliens, who occasionally stooped to give these explanations to abductees.

According to this, the affected persons can be found or located with the help of the implants.[163] This would explain why abductees repeatedly had to conclude that they cannot escape the aliens. Even after moving house or during holiday trips, the burdensome abduction experiences did not stop. The extraterrestrials thus seem to be effortlessly able to track down their human targets at any time.

This fits in with a statement Betty Hill made under hypnosis. The leader of the spacecraft crew told her that they (the Greys) would always find the humans they wanted to find.[164] According to a further explanation by the ETs, other implants are used to monitor brain wave activity and control bodily functions.[165] Thus, the function of the implants seems not to be limited to locating abductees. This is confirmed by what Claudia Negron learned from an alien regarding the purpose of an ear implant: The implant shall make it possible to transmit his thoughts and at the same time to monitor Claudia Negron's perceptions, reactions and whereabouts.[166] This coincides with the information Leah Haley received from the aliens. According to this, ear implants are used for communication and monitoring; they can signal the alien when an abductee is in trouble.[167] Suzy Hansen also describes various (organic) implants in her nose, ear and eye that had different functions: the ear/eye implant allowed the Greys to hear/see what she hears/sees; the nose implant collected information about the human brain.[168]

Admittedly, the idea of extraterrestrial implants in people's bodies sounds quite fantastic. However, the evidence suggests to a large extent that these are not merely fantasy products. Some victims (often due to memories of specific experiences) do not just have a suspicion of having an implant in a particular part of their body.

They sometimes can even feel a small object directly under the skin. In addition, several X-rays have already been taken showing an object at the

suspected location. But there’s more.

With the help of colleagues, the American surgeon Dr. Roger Leir has removed over a dozen possible implants from people’s bodies. These were persons whose background spoke for a possible ET abduction experience. Laboratory tests were carried out on some of the seized objects. These revealed a number of special features. The objects were covered with an organic layer which apparently prevented an inflammatory reaction and thus the rejection of the foreign object by the affected person’s body.[169] In other cases, the metallic composition of the object resembled that of an iron meteorite and hence had no earthly origin.[170] But in the end no clear laboratory proof was possible that the removed objects were technical devices of extraterrestrial origin. However, the possible implants had an internal structure. But if there was a technical construction, it had to be located at the nano level, which could not be analyzed with the means available. Nevertheless, there was a strong indication that the objects indeed had a technical function. Dr. Leir succeeded in measuring electromagnetic radiation emitted by the implants (before they were removed) in certain frequency ranges.[171]

In some cases further anomalies were found which could not be explained: after being removed from the body, an object automatically rearranged itself in the arrangement previously visible on the X-ray image.[172]

*Possible implant seized by a German experiencer*

The above photo was provided to me by a contact of mine. The object depicted on it is about two millimeters long and about 0.5 millimeters thick. In August 2018, the person had removed the object with tweezers from the auditory canal of his right ear.

In cooperation with the radio station CROPfm, the object was examined by remote viewers of the Academy of Mind (AoM) in several sessions.[173] The AoM is an umbrella organization for interdisciplinary (un)consciousness researchers. Here's their report:

> »We investigated four possible abduction cases from Germany using the Coordinate Remote Viewing technique. The procedure is always blind, so that the remote viewer cannot know what he is describing during the session. This prevents personal assumptions and fantasy effects. The most interesting case for us concerned Person X., who removed an artificial metallic object from his right auditory canal. Our task was to find out what the origin of this object was, what purpose it served, what it consisted of, its possible functions and who the possible creators were. For this purpose, three remote viewers

were independently assigned to this case.

They described an elongated object, some of which had angular protrusions and a kind of »thread«. Metallic and ceramic components were perceived as materials. There were break-off edges and the inside of the object seemed granular rather than solid. Thus, so far nothing spectacular. This was to change, however, when we turned to the origin of the object. It seemed that the object was not inserted into the auditory canal from the outside but was ›composed‹ of the body's own substances by Person X. The remote viewers described a kind of target process, with which the place in Person X's body was ›targeted‹ in order to let the object grow there.

Thus, we had encountered a first, purposeful intention behind the object. The next step was therefore to find out the purpose of the object. It turned out that it should be anchored in the person's body to collect data and send it somewhere. The data essentially related to determining a physical average of human beings (gender, size, medical aspects, etc.). One of the remote viewers reminded this process of a census. We further examined this approach in order to find out the intentions behind this data collection.

At first, we found out that there were no aggressive or harmful intentions behind it, but that it was for the benefit of mankind. It was about questions like ›What ideas should be stimulated?‹, ›How big is the influence that should be taken?‹, ›How can one support mankind ecologically?‹, ›What medical errors can be corrected?‹ and ›How can the original condition (medically) be kept stable (development program)?‹. The implementation of this ›development program‹ takes place through certain people who are to be subconsciously inspired in order to achieve scientific breakthroughs, psychological insights, spiritual knowledge, etc. But these key persons can also be ordinary people.

> Where were the data of the object sent to? All remote viewers described a kind of ›data cloud‹ to which many users are connected. These users belong to different species, some physical, others multidimensional. Data from the cloud is used by them according to their respective specialization. You might compare it to a medical or biological database. The user groups were hierarchically structured, with one species, for example, appearing as administrators of the cloud. These had an exotic appearance with an exoskeleton. The implants were also administered by a specific species. They looked grey and medium sized but somewhat more humanoid than the typical Greys with large black almond eyes.
>
> Here, a bottomless pit was opened, as far as the deeper connections of the implant (or implants in general) are concerned. Whether all cases of implants are only for this one (seemingly positive) purpose, or whether there are completely different forces behind it, has not yet been investigated. At least these three remote viewing sessions provided an indication that there is more behind the subject than random pieces of metal in the body of humans.«
>
> A detailed description of the results can be found on the internet.«[174]

In addition to physical evidence, witnesses are of course another important factor. Finally, witness evidence plays a crucial role in court proceedings worldwide. However, it is rare that a third party is able to attest to an abduction case as an eye witness. This is mainly because the aliens are very good at switching-off such witnesses. Betty Luca has experienced this. She describes how, during the appearance of the Greys, her entire family fell into a kind of numbness that only ended after the aliens left.

An exception from this rule is the not undisputed case of the forestry worker Travis Walton from 1975.[175] His six colleagues did not observe the actual abduction of Travis Walton. They saw, however, how he was struck by

a kind of light beam (emanating from a landed flying object), was hurled several meters through the air and kept lying unconsciously on the ground. In panic, Travis's colleagues drove off in their pickup truck, but then returned to the scene to check on him. However, there was no trace left of the flying object and Travis Walton.

Police did not buy their unusual story about the disappearance of their colleague and they were suspected of murder. The suspicion was dropped when Travis Walton suddenly reappeared after five days and reported under hypnosis to have been kidnapped and examined by human-looking beings.

Dr. Clarke reports another witness account coming from Native Americans. Jennifer saw his cousin Jeff walking towards a landed huge circular craft that they encountered during a trip in the canyon. In only an instant, Jeff vanished before her eyes and only returned after hours not being able to remember anything that happened on board.[176]

Another very complex case with independent witnesses dates from 1989 and is reported by Budd Hopkins in his book *Witnessed*. Here, a woman named Linda Napolitano was abducted from a skyscraper in the middle of New York. Two security guards, accompanying a high-ranking diplomat, saw the woman move through the air together with two small strange creatures to a flying object hovering above the skyscraper. It is suspected that the diplomat was Javier Perez de Cuellar, then Secretary-General of the United Nations. Further witnesses confirmed the sighting of the UFO. The case of Linda Napolitana is an example of the fact that there are not only witnesses of the abduction process, but also of the UFO involved in it.

There are other cases with witnesses who saw a strange flying object in the sky at the time and place of the alleged abduction by aliens. Since abduction experiences discovered under hypnosis often date back many years or even decades, possible UFO witnesses are usually difficult to find. However, researchers sometimes come across newspaper reports of UFO sightings in the region where the person was living at the time of his abduction.

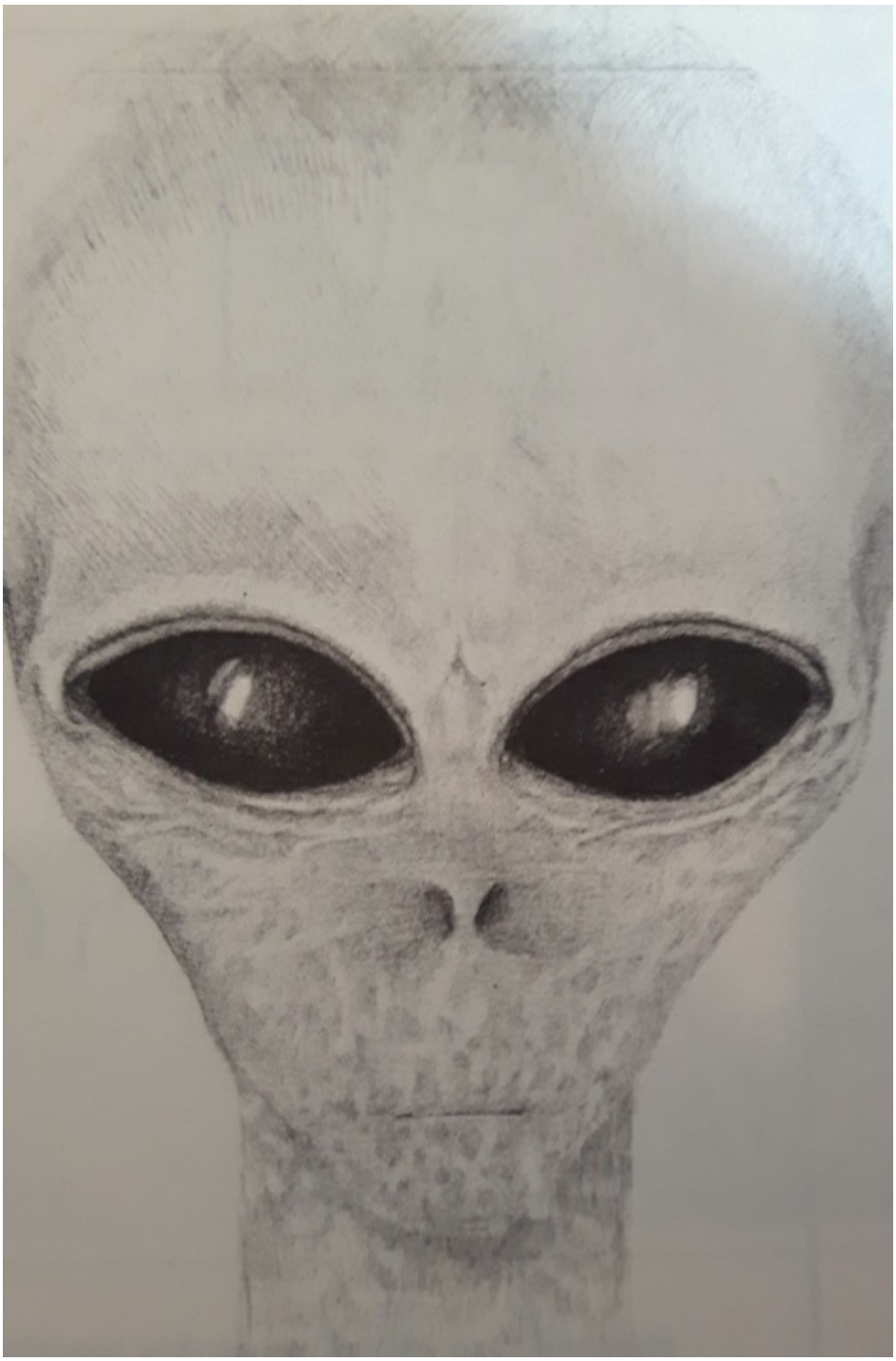
All these clues and witness evidence speak for the reality of the abduction phenomenon. This becomes even clearer in Chapter 3 when I discuss such evidence from specific case studies in Germany. Therefore, it is just not

possible – as Professor Harald Lesch claimed in a *Terra X* episode about aliens in 2016 – to explain abductions simply with sleep paralysis and an undersupply of the brain. On the one hand, an undersupply of the brain does not lead to physical effects such as scars and bruises or even electromagnetic anomalies.

On the other hand, neither the stringent pattern of action nor the consistent description of specific details by those affected can be explained.

## THE GREYS AND THEIR MOTIVES

The abduction phenomenon is, as already mentioned, related to the species of Greys. In the following, I will therefore deal with the descriptions of the Greys reported by abductees, their origin and their motives. Whether there is another alien race behind the Greys (e.g. insectoid-looking aliens or reptilians) or whether they at least work together with them, is not completely clear yet, despite certain circumstantial evidence.



*One of many drawings made by experiencers that encountered a Grey*

### *APPEARANCE*

Greys are to be classified as humanoid. That is, they have two legs and two arms with hands, whereby mostly four long fingers are described (three fingers and an opposite thumb).[177] The (small) Greys are usually described as between about 3.9 and 4.9 feet tall (1.20 and 1.50 meters) and rather thin or weak, without recognizable musculature.[178] As a rule, however, there is a much taller Grey on board the spaceship or in the emerging group, who is recognized as the leader and carries out the more complicated measures during the examinations.

An abductee told me that the tall Grey he encountered must have been over 6.5 feet tall (two meters) because he had to duck under the door frame as he entered the bedroom. Usually it is the tall Grey who oversees the examinations and enters into direct communication with the abductee.

The term Grey (or Gray) derives from its grey skin color, which is sometimes described as chalk-white. The very large, hairless head, narrowing towards the chin, which is compared in shape to an inverted drop of water, is also clearly different from a human being.[179] Sometimes the abductees have the impression that this large head is actually much too big for the thin neck.[180]

Apart from the disproportionate head, the unfathomable eyes of the strangers are the most striking and impressive feature.[181] These are described as very large, almond-shaped, black and without eyelids; some abductees have the impression as if the eyes were liquid.[182] A pupil or retina is not visible. Therefore, some abductees (for example Credo Mutwa) suspect it may be a kind of cover or goggles that protect the actual eye (possibly from UV radiation).[183]

Due to these striking eyes, several Native American and Maya witnesses compared the grey aliens they encountered with »insects« or »big bugs«.[184]

I already pointed out that a very intense hypnotic effect emanates from these eyes.[185] Some describe it as a kind of suction that makes them fall into the depths of the unfathomable black eyes.[186] A turning away of the gaze

seems impossible. During the intensive eye contact the person has the impression that the Grey is able to read his thoughts, feelings and memory contents.

The abductee Jerry describes the sensations during this process very vividly as follows:

> »It's like someone just crawled right inside you and knew everything about you … I just kinda lose myself, and he kinda just gets in there and I just don't like it.«[187]

That's how Catherine feels as a Grey is staring into her eyes with a powerful gaze that leaves her no choice:

> »I think he knows everything about me. He knows exactly what I'm thinking. He's answering the questions before I even think of them.«[188]

The head of the Greys differs from that of a human further by the fact that there are, instead of auricles and a nose, only small openings. Also the mouth is rather described as just a lipless slit. The Greys therefore do not seem to absorb food via the mouth but – as observed with the hybrid fetuses – via the skin.[189] External sexual characteristics do not exist or are at least not recognizable. However, many abductees have a strong sense that certain tall Greys are female beings due to their more loving and gentle charisma.[190]

It has to be pointed out that such descriptions of Greys do not only come from Western abduction research. These findings are corroborated by testimonies from other cultures. Let's have a look at the testimony of 79-year-old Cherokee/Choctaw woman Eve who describes them as follows:

> »They have thin, long legs and arms, and their arms were much too long for their bodies. Their necks were long and thin, and their heads were the size of a watermelon. They had strange goggle-eyes and no noses, as we have, only small holes on either side of the raised area between their eyes. Their mouth had no lips, only thin cuts as if made by a

razor.«[191]

The rudimentary versions of mouth and ears fit to the nonacoustic communication of the Greys among each other as well as with the abductees. Hence, communication is consistently described as telepathic.[192] The children of the Ariel School Sighting also reported how messages from the strangers in the form of thoughts suddenly appeared in their minds. And four-year-old Robbie Davis describes his encounter with a man with a large head and »an invisible mouth«.[193] When his mother wanted to know how he knew this, he replied: »Because nothing moved when he spoke to me.« Apparently, even large or complicated amounts of data can be transmitted to the brains of humans by telepathic means. Time and again, experiencers report that they have received scientific data, for example, as a kind of telepathic download. Extensive information on this can be found in Chapter 9 of the FREE-book by Dr. Jon Klimo and Susan A. Manewich: »Physics and Science Messages Received from UAP Related Non-Human Intelligence: An Analysis of the FREE Research Data«.

In our society, communication by means of thought transmission is unknown. However, it has been proven that people can access information by purely mental means. Space and time do not play a role here. I will discuss this remote viewing capability in more detail in Chapter 4. Documents released under the Freedom of Information Act (FOIA) by the U.S. intelligence services CIA and DIA show the intensive research and application of this psychic ability for intelligence purposes. The proven ability to gain information by mental means also makes a direct transfer of information between humans (or between humans and ETs) seem possible. That’s what the Army thought as well. According to a released CIA document, »remote communications is telepathy […] The Army is presently involved in programs of investigation concerning remote viewing and remote perturbations. Projects related to remote communications are planned in the future«.[194]

With regard to the Greys’ clothing, there is also great agreement in the abductees’ reports. Only tight-fitting one-piece suits, comparable to a jumpsuit, are described, whereby their color seems to vary. Often the suits are

described as silver-grey, sometimes also as blue-grey glossy or dark (for example black).[195] These suits seem to have unusual material properties. A female abductee told me how she had asked the Greys for clothes on board of their spacecraft because she was uncomfortable being naked in front of them. The aliens then gave her a garment that looked like a small romper suit.

After the elderly lady protested that this suit would never fit her, the Greys asked her to try it on anyway. To her great astonishment, the silver-grey shiny suit indeed suited her. She described the material as soft as silk, which surrounded her body like a second skin.

Interestingly, Greys don't seem to wear helmets or breathing masks. If they do absorb oxygen at all, this would mean that they are used to the chemical composition of our air. However, this is questionable. Abductees cannot remember having noticed any respiratory movements of the chest or mouth. Whether this means that Greys are actually a kind of bio-robot, as some suspect, cannot yet be answered. It is also possible that oxygen intake (if their organism is dependent on it at all) occurs in a way that is completely alien to us.

### *DEMEANOR*

The assumption that Greys could be artificial android beings is not only based on the apparently missing respiratory movements. Above all, their behavior, described as mechanical, gives this impression: the small Greys often set themselves in motion at the same time or remain in complete immobility, and their movements appear cumbersome and robot-like.

In addition, the small Greys seem to be only able to fulfill certain tasks. If, on the other hand, circumstances arise that deviate from the expected routine, they quickly get overstrained, judged by their panic-stricken reactions. This is the case, for example, when an abductee surprisingly resists or even attacks the alien.

The routine, synchronous behavior of the little Greys could be explained if they are a kind of biomechanical working drone. Nevertheless, we must be careful with hasty conclusions. Due to the insufficient information available to us, this aspect cannot be conclusively decided yet. Such behavior patterns

could also result from the fact that Greys do not have our human individuality but rather a telepathically networked mass consciousness.

Furthermore, Greys usually seem emotionally indifferent. Abductees repeatedly complain about the impersonal examinations on board of the spaceships carried out without any explanations.[196] Although the procedures performed on the abductees are sometimes extremely painful, the researchers and the abductees themselves believe that this is not due to evilness or sadism.[197] Rather, the Greys see these measures as necessary and as serving a higher goal. When the abductees complain about their pain, the Greys often try to alleviate it. This is accomplished by a Grey putting his hand on the abductee's forehead. It is completely unclear which neuronal mechanism is behind such a painkilling technique. But it doesn't seem impossible if one considers that hypnosis can also be used to completely eliminate the pain in a suitable subject. This process can also be observed in natural trance states. This is the case, for example, when children are hurt while they concentrate on playing or when soldiers suffer serious injuries during their struggle for survival. In both cases, the pain is initially not perceived during this trance-like state because the individual's subconscious mind manages to block such perception.

With regard to the emotionality of the Greys, however, something completely different is reported as well. This is especially true of the tall Greys identified as leaders, with whom the abductees often feel deeply connected in an inexplicable way. This close connection seems to be due to the fact that humans have known this Grey for a long time, often since their childhood.

Abductees then often report to have felt a deep feeling of love emanating from these extraterrestrials that transcends all their worldly experiences. Intense feelings of sadness or compassion on the part of the ETs also occur in this context.[198]

### *ORIGIN*

As far as the origin of the Greys is concerned, there is a surprisingly concrete assumption. It's connected to the abduction of Betty and Barney Hill. On

board the spaceship, Betty had a conversation with the leader of the crew. He didn't just show her a special book. When asked where he came from, he also presented a kind of star map.[199] On this map points of different sizes were drawn, some of which were connected by continuous or dotted lines. When Betty asked him about the meaning of these lines, the leader told her that the continuous lines were trade routes and the broken lines were expeditions.[200] Under hypnosis, Betty could remember the details of this map and drew it afterwards.[201] The amateur astronomer Marjorie Fish painstakingly created a 3D model of our local galactic neighborhood from the data of published star catalogs.[202] Finally, she could identify a formation in it that corresponded to Betty Hill's two-dimensional image of the ET star map.

This meant that the grey strangers might come from the Zeta Reticuli star system. In December 1974, the journal *Astronomy* even published an article on Marjorie Fish's work that attracted much attention. Interestingly, Zeta Reticuli (if Fish's interpretation applies) appeared as a double star in Betty Hill's drawing of the star chart. But it was only nine years later that it was discovered that Zeta Reticuli was in fact not a single star but a double star system (Zeta Reticuli 1 and Zeta Reticuli 2).

The work of Marjorie Fish was examined among others by astronomer Dr. J. Allen Hynek but, as one might expect, objections were also raised.

However, there are at least four other sources that mention Zeta Reticuli as the home sun of the Greys. One is William Herrmann, who was allegedly abducted by Greys in 1978 and whose case was investigated by UFO researcher Wendelle Stevens.[203] Herrmann received information from the aliens that they came from the third planet of the star Zeta Reticuli 1. A hypnosis session with William Herrmann is available on YouTube.[204] Another confirmation comes from physicist Robert Lazar, who, according to his own statement, worked at the secret S4 site in Nevada on reverse-engineering of alien spacecraft by the U.S. military. Lazar claimed that in the information memorandum submitted to him at the beginning of his work Zeta Reticuli was mentioned as the place of origin of the aliens. The same information follows from the messages transmitted via channeling to the medium Lyssa Royal, who among other beings channeled a Grey.[205] Whether and to what extent the statements made by William Herrmann, Robert Lazar

and Lyssa Royal Holt are correct can hardly be verified. The same applies to the »Executive Briefing« document on *Project Aquarius*, which describes a top secret study group regarding crashed alien spacecrafts and even contact to an extraterrestrial survivor of one of these crafts.[206] According to this document, the alien came from a planet in the Zeta Reticuli star system.

### *MOTIVES*

It has already been pointed out that the examinations carried out on board affect in particular the human reproductive organs (including the collection of semen and ova). It has also been reported that women initially showed all signs of pregnancy (partly including a detectable heartbeat and an embryo visible on X-rays) and then, after about two to three months, a pregnancy could suddenly no longer be detected. Several of the Maya witnesses interviewed by Dr. Ardy Sixkiller Clarke reported those experiences. After the sighting of a UFO or an abduction they were suddenly pregnant (without having had sexual intercourse) and two months later, after another UFO sighting/abduction, all signs of pregnancy mysteriously vanished.[207] Also with the German cases examined by me such inexplicable »false« pregnancies occurred several times. In the next chapter I will deal with these cases in more detail.

Of course, a medical assessment of such cases is very difficult. Finally, natural processes are also conceivable which can lead to a false pregnancy or an abortion. Nevertheless, I was told by several women concerned that the doctors who examined them were often unable to give a clear explanation and were themselves at a loss in view of the missing fetus. If a natural cause is eliminated in these cases, the embryos must have been deliberately removed from the abdomen of the pregnant women. As a consequence, these women must have been abducted again for this purpose (as happened to Maya woman Angelina) and a medical intervention must then be carried out on board the spacecraft.

This assumption is supported by certain observations and experiences of the abductees on board the UFOs. They have often seen rooms with transparent containers or incubators, some of which contained hundreds of

fetuses.[208] Many women also report that they were shown babies or small children. The aliens explained to them that they were their mothers.[209]

Often they are asked to hold these children in their arms. Meanwhile, the aliens observe the emotional interaction between mother and child. The ETs also stated that the newborn hybrid babies needed the touches and caresses of their human mothers.[210] These children usually have both human and extraterrestrial characteristics, such as a larger head or a conspicuous eye shape reminding of the Greys.[211] Researchers therefore called them hybrids. In the FREE-study, 79% (= 553) of the respondents who believe having participated in an alien breeding program claim to have a hybrid child or children.[212]

Anna reports how she was brought to a group of female hybrids who appeared to be young and looked very similar.[213] Her task was to demonstrate the process of breastfeeding to them with the help of a baby doll.

What's behind all this? It seems clear that a genetic breeding program is being carried out. This was first discovered by Budd Hopkins and subsequently confirmed by Professor David M. Jacobs and other abduction researchers.[214] More than twenty years ago, Dr. Johannes Fiebag described the typical, repeatedly observed process as follows:[215]

- Seemingly artificial fertilization
- Growth of a hybrid fetus
- Artificially induced birth of the fetus
- Reencounter with the grown hybrid years later

Regarding this step plan, it should be noted that artificial fertilization is preceded by the collection of sperm and ova from the abductees, reported again and again, which are then apparently genetically modified. Jerry's experience, as cited by Professor Mack, corroborates this:

> »After combining the male and female germ substance, she said, the aliens alter the embryo in some way, perhaps adding a genetic principle of their own. This altered embryo is then reinserted into the female body, as in Jerry on this occasion,

for ›gestation‹.«[216]

The artificially induced birth of the hybrid fetus also takes place – as has been reported many times – in the sterile, barren environment of the interior of a UFO. The almost three-year-old Colin might have experienced this. He told his surprised mother: »I was born there [in the spaceship] and fell from the stars.«[217] The primary purpose of all these measures is obvious: to breed a hybrid race containing human and alien characteristics.[218]

This apparently includes paranormal abilities as well. For example, hybrid children were repeatedly observed moving objects mentally in learning groups (telekinesis). The explanation of an alien to the abductee Claudia Negrón, when she was led into a room full of containers with fetuses, fits to this assessment:

> »The two species mix, and something better comes of it. A better world. […] These are going to be extraordinary people.«[219]

The aliens are interested in different generations of a particular family. Therefore, grandparents, parents and children often have corresponding abduction experiences.[220] This long-term approach also speaks for a genetic project. My own research confirms this. In all cases in which the abductees have children, there are clear indications of ET contacts regarding the children.

It is unclear or contradictory what the purpose of this complex project is. On the one hand the extraterrestrials repeatedly suggest that the human race is facing a global catastrophe. Those affected often experience this scenario in the form of intense dreams. For example, seven of the eight women whose experiences were examined by Dr. Karla Turner for her book *Taken* report on such dreams of great catastrophes.[221]

In almost all of the cases I have investigated, such catastrophic scenarios appear in the dreams of the experiencers. In the event of global devastation, the human DNA could therefore be secured thanks to the ET’s genetic project. At the same time, the ETs could take this opportunity in order to eliminate certain deficits of the human race by means of a corresponding mix

of human and extraterrestrial hereditary factors.

After all, the extraterrestrials repeatedly express their lack of understanding about the human destructive urge. How a species can deliberately destroy its own habitat in an irreversible way simply does not seem comprehensible to the strangers. Therefore, from the point of view of the ETs, it would be logical that the new hybrid breed no longer has these deficits.

This is supported by the statements of Scott, who perceives an extraterrestrial part in himself. According to this part, the difficulty is to

> »eradicate the human flaws without destroying the machine itself. They are glued together very tight. The growing pains are extreme but necessary. […] Our intellectual abilities and the scope of our view is too much for humans to understand.«[222]

When Scott says it's about eradicating human flaws, it comes very close to Joe's feeling as a human being that he's part of an experiment that went wrong.[223] In order to correct this mistake, the aliens, as Peter explains, »are trying ›genetically‹ to take the higher human qualities and separate them from the lower human qualities and somehow […] reincorporate them into our race.«[224]

Does this mean that the hybrid breeding program only takes place for our own good, to ensure the survival of our species, or even for an overarching universal goal? Do we possibly misunderstand the well-meaning intentions of the strangers in the face of our fear of the unknown, our helplessness during procedures imposed on us without explanation and the pain associated with them? Debbie Jordan compares our fear of the Greys' examinations with a child's fear of a necessary medical vaccination:

> »Doctors vaccinate children for protection against a number of terrible diseases. The syringe hurts and the child cries, but the older, wiser adult knows that it is for its own good, and yet he has no way of making it clear to the child. He hopes that as the child gets older, it will understand and know that the doctor

> did not want anything bad for him, but only the best for the child.«[225]

Perhaps the Greys are really concerned with saving us (or at least our genetic make-up) from our self-induced demise, and we are simply unable to understand their noble intentions. However, the strangers also repeatedly prove to be masters of deception. This could apply not only to their covert approach to the abductions but also to their true motives. We must therefore also consider the possibility that, in actuality, the grey strangers are primarily pursuing selfish motives. Finally, there are clues that their breed itself is no longer reproductive as a result of natural or artificial genetic alterations or mutations. Anna, for example, received such information:

> »We are old, ancient. We cannot have children anymore.«[226]

And Peter explains that the Greys' race followed in its evolution the path of almost rational intellectualization and lost many of the emotions they now want to get back.[227] Thus, it could also be quite simply a matter of restoring the survivability of their own species, including a broader emotional spectrum, by accessing a fresh gene pool. This fits in with the response the Greys gave Leah Haley according to which they were trying to »improve their breed«.[228]

A priority of our research efforts should therefore be to gain certainty about the aliens' intentions. At the same time, we must not close our eyes to uncomfortable options. A very disturbing explanation for the gene project is given to Betty Luca by the Greys:

> »We must do it because in time humanity will become sterile. People will no longer be able to reproduce because of the pollution of land, water, and air […].«[229]

The disturbing thing about this statement is not that it allegedly comes from an alien, but that it is consistent with current alarming research studies. Numerous studies in recent years have shown that the number of sperms in men's semen is continuously decreasing and approaching levels where men

are considered infertile.

This is shown by a comparison of the values measured for men a few decades ago with current measurement results: According to this, the number of sperms per milliliter today is only a fraction of the previous values. As early as 1996, *Spiegel* (German news journal) reported that the number of male spermatozoa was decreasing by around two percent per year.[230] This is the result of a study by Scottish scientists who, between 1984 and 1995, examined the semen of 577 men. The findings published in the *British Medical Journal* show that men born after 1970 have about a quarter less sperm than men born around 1950. The *Spiegel* article also points out that already in 1992 the Danish endocrinologist Niels Skakkebaek had presented disturbing research results at an international conference in Caracas. These resulted from an analysis of data on sperm counts in men's ejaculate up to the year 1940.

According to the study, the average value dropped from one hundred and thirteen million sperms per milliliter of semen to sixty-six million within fifty years – a drop of forty percent. Some colleagues of the Danish researcher criticized the methodology of the investigation. However, subsequent studies seem to confirm the Danish results. *Spiegel* also reports on the work of Pierre Jouannet, a reproduction biologist from Paris who was initially skeptical. He found that the sperm count in donor semen had dropped from eighty-nine million per milliliter in 1973 to sixty million in 1992.

Another major study on this subject came from France in 2012/2013.[231] As also reported by German media, French researchers presented the results of a study of more than twenty-six thousand men conducted between 1989 and 2005 in the specialist journal *Human Reproduction*.[232] The figures were taken from the databases of one hundred and twenty-six French fertility clinics. Accordingly, to an average participant who is thirty-five years old at the time in question the following applies:

- The number of sperm measured in semen decreased from 73.6 million sperm per milliliter in 1989 to 49.9 million in 2005, reducing the number of sperm by about one third within sixteen years.
- Continuous decline in the average number of sperm cells by almost two

percent per year.

- The proportion of normally formed sperm decreased from 60.9 percent (1989) to 39.2 percent (2005).

The French researchers suspect that harmful chemicals at least partly explain the trend and speak of a »serious warning sign«.

Another study from 2013 comes from Spain.[233] Even though the data basis was much smaller here (comparing the data of two hundred and seventy-three men between eighteen and twenty-three years of age from 2001 to 2002 with those of two hundred and fifteen students from 2011 to 2012), the result is the same: the concentration of sperm in the seminal fluid of young men has fallen by an average of two percent per year in recent years. According to the study, the average concentration decreased from seventy-two million sperm per milliliter of semen in 2001 to fifty-two million in 2011.

Further results were recently presented from Switzerland (2014/2015).[234] The Swiss researchers compared data from two thousand and sixty recruits between 2005 and the end of 2014, according to which one in six recruits (sixteen percent) did not reach the critical fertility limit of at least fifteen million sperm per milliliter of semen. If all the criteria used to measure fertility are applied, the result is even more disastrous: If one considers not only the number but also the mobility and composition of the sperm, even fifty-six percent of those examined did not achieve one or more of these standard values. However, the values measured in 2014 corresponded to those from 2007, so that there is no decrease in sperm concentration for this period. With forty-seven million sperm per milliliter, the figure is still far away from historical values: According to the Swiss *Blick*, in 1940 an average man still had one hundred and thirteen million sperm per milliliter of semen. While Estonia leads the world in statistics with sixty-two million, Germans and Spaniards with forty-four million each are doing even worse than the Swiss.[235]

These media reports are consistent with an article in *Nature Reviews Urology* from 2017.[236] According to this, various studies over the last fifteen years have shown that the average sperm concentration of young men aged

between eighteen and twenty-one years is now just forty-one to fifty-five million sperm per milliliter. If you look at the detailed catalogue of the article, you will see that corresponding studies come from all parts of the world: Spain, Finland, Tunisia, France, India, China, New Zealand, USA. A study of over thirty thousand young Chinese, for example, shows a decline from sixty-eight to forty-seven million sperm per milliliter for the period from 2011 to 2015.[237] Last but not least, this trend is confirmed by a meta-analysis of one hundred and eighty-five fertility studies published in July 2017 in the journal *Human Reproduction Update*.[238] According to the study, men from North America, Europe and Australia experienced a reduction in sperm count of between 50 and 60 percent between 1973 and 2011. The bottom line of the article is:

> »These findings strongly suggest a significant decline in male reproductive health, which has serious implications beyond fertility concerns. Research on causes and implications of this decline is urgently needed.«[239]

For the sake of completeness, however, it should be pointed out that individual studies (for example in Australia in 2002) do not confirm this trend and, above all, there is uncertainty as to how regional differences can be explained.[240] In particular, research into the causes still seems to be challenging. The most promising approach is said to be the influence of chemical substances that have an effect on the hormone balance of men.

According to the World Health Organization (WHO), the figure of fifteen million sperm per milliliter is considered as infertility limit. However, this figure seems to be quite low. The WHO itself had reduced the threshold from twenty to fifteen million in 2010.[241]

One wonders why the WHO has lowered the limit value by a quarter, although scientists had shown, according to *Blick*, that fertility already decreases progressively below forty million. This information corresponds to a statement in the *Nature Reviews Urology*'s article from 2017, according to which fertility already decreases when the value of sperm concentration falls below the range of thirty million to fifty-five million.[242] Thus, in some

countries the average value has already reached the critical range for declining fertility.

The steadily decreasing trend as demonstrated in the cited scientific studies is alarming. It does not take much arithmetic to realize that it is only a matter of time before the new WHO infertility threshold is reached. Copenhagen researcher Niels Jorgensen is quoted as saying the following about this situation:

> »This development is progressing rapidly. Within one generation. And it will have a massive impact on future generations.«[243]

And the French researcher Jouannet is quoted with the forecast:

> »If things go on like this, in seventy or eighty years, we'll be at zero.«[244]

However, it is not even necessary to arrive at zero. As we have seen, massive problems can be expected much sooner. Thus, we could soon be faced with an almost inconceivable scenario: In just a few years the male population (on average and apart from regional differences) could be *infertile!* In view of this, one wonders why this topic, which is so urgent for the future of humanity, is virtually ignored by the media and in politics. After all, there doesn't seem to be much time left to find a solution and stop this trend. At least, it would be unreasonable to rely on the Greys to fix this problem.

### *HYBRIDS*

Even the Greys do not seem to be able or willing to stop this trend. Instead, the strangers seem to be working on their own kind of solution to this problem. Even though humanity may soon no longer be able to reproduce, its genetic material will be preserved. There are numerous indications – as we have seen – that the Greys are busy breeding a hybrid race.

It is difficult to estimate how far the hybridization process has progressed. Professor David M. Jacobs draws a rather threatening scenario in his latest

book *Walking Among Us: The Alien Plan to Control Humanity*. According to the cases examined by him, human-extraterrestrial hybrids (so-called *Hubrids*) already live among us and infiltrate our society. One should definitely take note of such a scenario coming from a long-standing researcher. Whether it describes reality must be decided on the basis of findings by other researchers. So far, Professor Jacobs seems to stand alone with his quite far-reaching assertions. Although other researchers are also drawing attention to the increasing number of encounters with hybrids, this does not yet lead to a uniform picture.

For example, Miguel Mendonça and Barbara Lamb present interviews with eight alleged hybrids in their 2015 book *Meet the Hybrids*. However, these are not hybrids from the Greys' breeding program but people with non-human genetic or soul parts, mostly coming from several extraterrestrial civilizations. There are only random connections between these persons. They do not (at least deliberately) pursue a common plan. Yet they all see their personal mission in contributing in one way or another to the development of humanity. They consider themselves as a kind of link between various benevolent ET species and humanity who is to be supported in its spiritual evolution.

A similar picture is drawn by Australian researcher Mary Rodwell, with whom I worked at FREE. In her book *The New Human* from 2016, she presents above all children and adolescents who have astonishing knowledge about ET contacts and their backgrounds and who, according to their own statements, also possess different parts of extraterrestrial species. In addition, they are said to have various extraordinary abilities and talents. This rather inhomogeneous grouping of people with ET components differs fundamentally from Professor Jacobs's image of a targeted infiltration of our society by hybrids created by Greys.

The data from my own case studies is not yet sufficient for a reliable assessment of the situation. Although I have been told several times about individual aliens or hybrids who look human and live among us, clear indications of the hybrid scenario claimed by Professor Jacobs have not yet emerged. Instead, my personal insights support the idea, derived from *Meet the Hybrids*, that individuals carry within them, consciously or

unconsciously, portions of certain alien races. By the way, human-looking aliens repeatedly appear in the accounts collected by Dr. Clarke from the descendants of North and Central American natives; another witness is New Zealand experiencer Suzy Hansen.[245] Nevertheless, there is still a need for significantly more serious case reports in order to correctly assess the nature and extent of the spread of ET hybrids in our society.

As a result, at least the implementation of a hybrid breeding program by the Greys is beyond question. Whether this program is being carried out for our future as humanity or for selfish motives of the Greys or another species, however, is difficult to judge. In addition, it may well be that we do not yet oversee the complete scenario in all its complexity with regard to the Greys' activities. There are isolated clues that behind the Greys there is an insectlike species that is often compared with praying mantis or stick insects.[246] Kathy Mitchell describes how, within the framework of a typical abduction and examination scenario aboard a spaceship, she encountered such an insect-like creature that differed markedly from the Greys.[247] The creature also had huge black, wet eyes. However, the skin of this creature did not appear light and greyish to her, but dark, brownish and leathery. Also, the head of the big thin being rather resembled that of a praying mantis.

In contrast to the Greys, with their strikingly long and thin neck, the head of this being seemed to sit directly on top of the body and moved with fast, jerky, insect-like movements. According to Kathy's feeling, this bizarre figure was a female being. A young man with various memories of experiences with Greys also told me about a nocturnal encounter with such a praying mantis-like being. And Suzy Hansen describes a cooperation between these two species as well.[248]

In addition to praying mantis-like beings, Reptilians could also be involved in the Greys' genetic project according to my findings. Some sources claim (e.g., Zulu shaman Credo Mutwa) that the Greys (or at least a Grey subspecies) are doing this job for the Reptilians as their »henchmen«. This is a rather disturbing aspect of the abduction phenomenon which might have been overlooked so far, but which I do not want to go into any further in this book.

Greys seem not only to carry out examinations on humans but also to

interfere with our personal everyday lives, for example by bringing couples together in an orchestrated way. This seems to have been the case with Betty and Bob Luca.[249] The same was shown in the extremely complex case of Linda Napolitano (pseudonym Linda Cortile) investigated by Budd Hopkins, in which the then Secretary-General of the United Nations, Javier Perez de Cuellar, was apparently involved in addition to two of his bodyguards.[250] And even a young man with whom I work has the impression that he did not get together by chance with his (ex-)girlfriend, who was also affected by the abduction phenomenon. Why even interpersonal relationships are staged by the strangers is still unclear. Maybe these partnerships also serve the overall aim of the ET's genetic project.

But not only the extent of the ETs' intervention in our lives could go further than the standard abduction scenario suggests. The circle of participants could also far exceed our expectations. This concerns not only connections of the Greys to other alien races, but also to human groups. There are numerous indications of a U.S. military involvement in the ET contact phenomenon, which I will briefly discuss in the last chapter.

Even if the circumstances suggest that the grey aliens primarily pursue their own goals, we might consider the interaction between our species too one-dimensional. A superordinate perspective could lead to a broader understanding of what is happening here. Thus Scott, who perceives himself as having an extraterrestrial part, explains the relationship between our two species:

> »It isn't just black and white, the two sides. There's a correspondence between the two.«[251]

Catherine, too, has such a sense for the complicated entanglements in the fate of our species. She thinks that our motives are completely different, even if the goal may be the same.[252] Catherine believes that the grey strangers have lost all their genetic material and are now using us for their needs. But this is only one aspect of the cosmic game, because

> »all the genetic experimentation is a big part of it but it's not the entire story … It's hard to describe, but it's a much bigger

> plan than just that. But if they do not continue the reproductive/genetic activity then they can't proceed. But this is just one step.«[253]

Catherine was also shown by the aliens that »everything's connected […]. One cannot exist without the other […]«.[254] This also applies to herself. The connection does not only concern the species as such, but reaches to the personal level of each individual. Catherine realized that she was connected with all these other things and that she can't separate out as she had been trying to do.

As a consequence, Catherine adopted a different attitude towards the strangers, and she realized that »I can't continue the way I've been going, and I can't continue to fight them the way I have been fighting them because I'm connected to them too. When I fight them I'm only fighting myself and I'm fighting my connections to all these things which you can't fight.«[255]

And Sasha, who is said to be a woman from the Pleiades, explains:

> »You are closely tied together in an evolutionary dance. You are both on the threshold of greater knowledge and awakening. They are awakening to a more comprehensive reality, and so are you.«[256]

These words describe very aptly what is happening at the moment. Many thousands of abductions worldwide, about forty years of abduction research, and finally also this book make sure that the existence of extraterrestrials is brought into the consciousness of humans. The recognition of this augmented reality is essential to the progress of our evolution as a planetary species closely intertwined with the overall destiny of the cosmos.

Professor Mack also assumes »that the alien-human relationship is something far more complex and complete than a program of hybrid procreation«.[257] His interpretation of the backgrounds of this complex scenario beautifully reflects the plejadic thought of two closely linked species in an evolutionary dance:

> »It appears to be a halting, difficult attempt on the part of an

> intelligence of which we know very little, to create a merger of two species who seem to need and long for something each has to offer the other.«[258]

Professor Mack speaks of an »intelligence« behind the processes surrounding the Greys' breeding program. This intelligence controlling the complex matrix seems to be located on a much higher level – also compared to the highly developed Greys. In this sense, the aliens informed researcher Dolores Cannon via channeling that they themselves are being guided from a level far more advanced than themselves.[259] Thus, the crucial question is who or what this intelligence is.

There is much evidence, especially in Raymond Fowler's research with Betty Luca, that at a certain point in the ET contact scenario extraterrestrials mix with spiritual and religious aspects in a way that is difficult to understand. Then, more and more often the reference to an all-encompassing common origin appears, which is repeatedly called »The Source« by the strangers.[260] There is much to suggest that we humans know this common source of all-that-is under the name of »God«.

### *SPIRITUAL TRANSFORMATION*

What does all this mean for the persons affected by these experiences? As we have seen, the Greys do not seem to have a malicious attitude towards us humans, whatever their true motives may be. Nevertheless, experiences with these beings are often – at least in the beginning – perceived as frightening. However, some of the abductees succeed in overcoming this fear of the unknown and the horror of the abduction scenario. These individuals can then often derive a positive benefit from their abduction experiences with regard to a spiritual transformation of their personality.[261]

Debbie Jordan very emphatically describes this inner dichotomy and the associated cognitive process:

> »Did I really want to spend my whole life feeling bad about something I might have misunderstood? Was it really worth it

> to get sick about it? Or should I be looking for another answer? One that might have done me good and possibly helped others feel better? Did I want to choose the constructive or the destructive way? Since I am a rather intelligent, reasonable person, I decided to feel that the treatment of the aliens did me good. […] I can program my mind to take me wherever I want to be in life; it can lead me to be everything I want to be, for me. When I came to this realization, the experiences began to change. They changed from the physical (the scars, the marking in the garden, the physical examinations, etc.) to the psychological, the spiritual.«[262]

Ultimately, Debbie learned to cope with integrating her extraordinary experiences into her life and to find inner peace.[263] Others have had similar experiences. Christine Quiblier also describes the link between the fear of the unknown and her personal development very vividly:

> »Because when I ask myself today in retrospect how often something really bad has happened, then I have to say: rarely. I've always survived the experiences. Sometimes I even found them beautiful, enriching, only occasionally negative and frightening. I think it's simply the shock to have to deal with something that shouldn't actually exist. It is this shock that triggers fear.«[264]

For Saskia, too, her ET contact experiences led first and foremost to a strong change in consciousness, a new, broadened view of the world and a new attitude towards people.[265] Peter even recognizes a direct connection between the horror of the abduction and the expansion of consciousness experienced by those affected: the horror is necessary to extend one's own reality.[266]

Based on my work with people affected, I can say that the ET contact experiences – whether conscious or unconscious – naturally give rise to questions and a related search for knowledge. This path inevitably leads to the crucial question of who we really are, what our true nature and destiny is.

I therefore see the spiritual development of those affected more as a natural consequence of their encounter with an alien life form and the associated trauma than as a process specifically induced by the strangers.

That is also the view of abductee Catherine. She attributes her spiritual and psychic growth »to the ›major, life-shattering‹ impact of the abduction experiences themselves«.[267] Nevertheless, the question formulated by Professor Mack cannot be answered conclusively »whether these expressions of personal growth are a consequence of trauma – a stressful confrontation with unknown forces – or are an intrinsic aspect of the phenomenon itself«.[268]

Two decades later, we are still not in a position to rule out the latter.

# 3 ABDUCTIONS IN GERMANY

## INTRODUCTORY REMARKS

It is – as already discussed at the beginning – easy to speculate about the probability of alien intelligent life in the depths of space, as long as one does not have to deal with the question of an extraterrestrial presence here on Earth. It's also fine to read exciting stories about ET abductions of U.S. citizens. At least for residents of other countries. The fact that something like this occurs in one's own country as well, however, seems rather absurd. Let's take Germany as an example. After all, the media have never reported on such abductions in Germany before, at least not in a form that reached a wider public. And the books by Dr. Johannes Fiebag from the 1990s, who collected such cases in German-speaking countries, are just known to a few. Rationally, however, the assumption that we in Germany are safe from such abductions makes little sense. It seems absurd for Greys to limit their abduction activities to certain nations or continents.

If one takes the numerous abduction reports by U.S. researchers such as Professor John Mack seriously, then corresponding events are to be expected in Germany as well. Consequently, if abductions indeed occur in Germany, then we must further expect to come across the pattern described in the previous chapter.

This pattern includes – as we have seen – certain aftereffects. Therefore, in order to verify this thesis, the circumstantial evidence described before is of great value. Hence, we end with the question: Do we find the typical abduction clues in German residents as well? That this question must indeed be answered in the affirmative was shown in the course of my investigations.

In my work with experiencers from Germany, exactly the same indications arose that have been known for decades from the cases reported by U.S. researchers. ET abductions in Germany and ET abductions in the USA seem to follow the same rules. Nevertheless, it was astonishing to see

the great reliability of finding these characteristics in those affected. This leads to the bizarre situation that I – although I don't know the person concerned and his/her past at the beginning – already seem to know certain details from his/her life. These are experiences and observations which this person has always classified as strange without being able to explain them so far.

In the following, I will compare the findings of the U.S. abduction researchers (including sources in the footnotes) and the evidence that emerged in my cases. It will become clear that such abduction experiences are in fact not a phenomenon limited to the USA. Rather, the reports from other countries speak for a global event.

When people turn to me who consider having ET contact, I first go through an introductory questionnaire with them. It deals with typical signs of an abduction. Of course, each of these indications (such as a bruise noticed in the morning, a new scar or a nocturnal nosebleed) can also be traced back to a completely different, »ordinary« cause. Only the massive coincidence of such clues with specific memories of extraordinary experiences allows a first assessment.

In addition, the evidence asked for in this questionnaire can be divided into two categories: on the one hand, characteristics that occur frequently among abductees, but also often among people without such experiences. These include, for example, sleep disorders and the fear of darkness. On the other hand, there are characteristics that are quite abduction-specific and much more difficult to explain in a conventional way.

These include loss of time, new scars or electromagnetic anomalies (however: missing time and electromagnetic anomalies can frequently be found as well in persons having a Multiple Personality Disorder, see Part 1 of my book *Dark New World Order* for details).

In the following you find this questionnaire. The questions in bold letters are those particularly important for me, which usually concern indications of the second category:

| Con-secutive No. | Question | Answer | |
|---|---|---|---|
| | | Yes | No |
| | | | |
| | Have you ever noticed one or more of the following traces on your body without knowing where they come from? | | |
| 1. | • hollowed areas of the tissue (e.g. small circular depressions in the skin) | | |
| 2. | • bruises or hematoma | | |
| 3. | • scars (e.g. in the form of one or more straight | | |

| | | | |
|---|---|---|---|
| | lines) or other conspicuous marks on the skin (e.g. triangular) | | |
| 4. | • sunburn without sun exposure | | |
| 5. | • fresh incisions which healed quickly | | |
| 6. | Have you ever woken up with nosebleeds or have you discovered blood-stains on your pillow that probably originate from your nose? | | |
| 7. | Do you sometimes hear unusual noises that you cannot identify? | | |
| 8. | Do electrical devices such as computers, TVs or household appliances sometimes fail in your environment? (e.g., wristwatches that go slow or fast or stop when you wear them) | | |
| 9. | Have you ever experienced a »loss of time«, such as arriving much later than expected, for which | | |

| | | | |
|---|---|---|---|
| | you could not find a reasonable explanation? | | |
| 10. | Have you ever experienced a »gain in time«, like a much earlier arrival than expected, for which you could not find a reasonable explanation? | | |
| 11. | Have you ever woken up in a place other than where you remembered you went to sleep (outside your bedroom, for example)? | | |
| 12. | Have you ever woken up in your bed in an unusual position, such as with your head at the foot of the bed? | | |
| 13. | Have you ever noticed in the morning that parts of your nightwear were missing or arranged differently than before going to bed (e.g., turned to the left or upside down)? | | |
| 14. | Do you, even as an adult, sometimes fear darkness? | | |

| | | | |
|---|---|---|---|
| 15. | Have you ever had a »false« pregnancy? (Did you think you were pregnant or were there signs of pregnancy even though this could be excluded? ) | | |
| 16. | Have you ever felt compelled to go or drive to an unknown place or to a remote area? | | |
| 17. | Have you ever had the intense feeling of being observed, especially at night? | | |
| 18. | Have you ever been afraid to go to sleep? | | |
| 19. | Did you feel paralyzed or immobile for a short time when you went to bed, woke up at night or in the morning after waking up? | | |
| 20. | Do you often have trouble falling asleep? | | |
| 21. | Do you often have trouble sleeping through the night? | | |
| 22. | Did you ever wake up in the middle of the night and feel like you weren't alone? | | |

| | | | |
|---|---|---|---|
| | **Do you often have intense, unusual dreams that include, but are not limited to:** | | |
| 23. | • **UFOs, alien beings or strange rays of light** | | |
| 24. | • **eyes staring at you (or dreams of animals with large dark eyes like owls or deer)** | | |
| 25. | • **flying or otherwise moving through windows, walls or ceilings** | | |
| 26. | • **doctors or medical measures or examinations carried out on you** | | |
| 27. | • **disaster scenarios such as nuclear war, earthquakes, tidal waves or other destruction** | | |
| 28. | **Have you ever seen an unusual object in the sky which, in your opinion, was not an artificial or natural phenomenon known to you? (e.g., plane, helicopter, drone,** | | |

| | | | |
|---|---|---|---|
| | satellite, star/planet, moon, shooting star) | | |
| 29. | Have you had any other extraordinary perception, observation or experience that you cannot explain to yourself? If yes, please describe this below: | | |

## COMPARISON OF TYPICAL CLUES FROM ABDUCTION RESEARCH AND OWN CASE STUDIES

In the following, I will treat the indications highlighted in bold letters. First, I will list under a) the corresponding findings from abduction research, in particular from the case reports of the U.S. researchers. In this context I will also present the findings of a multinational study by *The Dr. Edgar Mitchell Foundation for Research into Extraterrestrial and Extraordinary Encounters* (FREE), published in the *Journal of Scientific Exploration* (Vol. 32, No. 2, pp. 298-348, 2018; in the following the »FREE Study«). This study gathered data regarding contact experiences with non-human intelligent beings via an anonymous online survey. I will then sketch German cases under b) in which these indications also occurred in the course of my research. For this purpose, I have formed a reference group of twelve cases from all the cases I investigated, in which I can affirm the existence of an abduction with high probability.

In principle, the dreams of an abductee have an important meaning. Just like flashbacks, dreams (or nightmares) belong to the characteristics of a post-traumatic stress disorder (PTSD) that can occur as a result of an abduction and the associated trauma. Since, on the other hand, a dream can have completely different causes and possibly only helps to process everyday experiences, I leave dreams out of this comparative consideration.

### *1. INEXPLICABLE TRACES ON THE BODY*

One of the most obvious proofs of the reality of the abduction phenomenon

are the conspicuous marks left behind by the nightly intruders on the bodies of those affected. There are reports of overnight bruising, hollowed out areas of the tissue, unexplained scars, punctures or puncture patterns on the skin. I will now go into some of these physical clues in more detail.

### (a) *Scoop Marks*

*Abduction research*

In North American abduction research, round, hollowed out areas of the tissue, named *Scoop Marks* by researchers, appear again and again. These marks are often found on the tibia of the affected person.[269] Budd Hopkins's book *Intruders* contains corresponding photographs, and researcher Raymond Fowler also received photographs showing such markings on Betty Luca's arms and legs, with three Scoop Marks forming a triangle on her right arm.[270] To his surprise, Raymond Fowler himself found a freshly cut Scoop Mark on the outside of his right lower leg, which looked as if someone had removed a circular piece of flesh with a miniature cutter. According to Budd Hopkins, the round and flat depressions have a diameter of 0.6 to 1.2 centimeters.[271] Dr. Richard Neal gives the diameter as three to nineteen millimeters and the depth as about six millimeters.[272]

*Abduction cases from Germany*

During my work with abductees from Germany, I was only told in two cases that round hollowed areas of the tissue appeared on the bodies of the affected persons. In both cases, the victims could not explain the sudden appearance of these body marks.

In one case, the Scoop Marks appeared in childhood. They formed a very unusual pattern of six »punched out« dots, which were arranged like on a domino. In the other case, the about three millimeter large marks appeared on the chest, whereby some marks disappeared after a few days and others were to be seen still after years.

It is assumed that Scoop Marks are tissue samples or biopsies. It can only be speculated about the reasons for the quite rare occurrence of these marks in the German cases. It is possible that there is now less need on the part of

the strangers for such tissue removals – or that some abductees have simply overlooked the marks. Based solely on the German cases, the appearance of Scoop Marks would have been too rare in any case to be classified as a clear characteristic of the abduction phenomenon. The situation is quite different with the subsequent group of traces found on the bodies of abductees.

### (b) Bruises or hematoma

*Abduction research*

The abduction researcher and experiencer Dr. Karla Turner describes eight cases of women with ET contacts in her book *Taken*. The book contains a comparative table in which she lists typical elements associated with the experiences of these women. According to this, all eight women had unexplained bruises.[273] For example, Polly found bruises on her upper arm in a triangular pattern, and Lisa had a bruise on her right wrist after an examination by the ETs in which she resisted according to her memory.[274] Other abductees report bruises on arms, shoulders and legs (often on the inside of the thighs).[275] In Anke Drewitz's case, for example, the appearance of two large bruises on her legs coincides with a seemingly real dream containing typical abduction elements.[276]

*Abduction cases from Germany*

The abductees from Germany reported quite frequently that they noticed bruises on their bodies in the morning after getting up, without being able to explain their cause. According to their own perception, they are not susceptible to such bruises (e.g., when hitting a door handle, table corner or similar). The bruises varied in size and from oval to round in shape. They occurred mainly on the arms (upper and lower arm) and the legs, for example in one case on the inside of the thighs, at the same height on both sides. The fact that the majority of the abductees from Germany found such bruises confirms the findings of the U.S. researchers.

However, it is completely unclear what caused these injuries in the course of the abduction scenario. The bruises may result from impacts during transport of the abductees. But it could also be a side-effect of unknown

interventions during the on-board examinations. Even more bizarre is the explanation given to researcher Dolores Cannon during an ET channeling. Accordingly, the bruises are side-effects caused by the abductee's physical change between different space-time dimensions or vibrational levels during the ET contact experience (see more on this in the discussion of »time gains«).[277]

It is therefore quite possible that the bruises can be traced back to different causes. One abductee reported several bruises on her daughter's upper arm. They were arranged like the bruises caused by fingers as a result of a firm hand grip. I was reminded of this report when I read that Barney Hill felt the entities' hands touching his biceps while he was carried inside the ETs' craft.[278]

After all, it has to be admitted that we cannot explain the cause of the characteristic bruises in abductees beyond doubt. It is to be hoped that further case studies will finally reveal the background to this important clue pointing at possible abduction experiences. One possible reason for such bruises is mentioned by Suzy Hansen.[279] An acquaintance of her with ET contact experiences recalled Greys inoculating a large group of people, pressing an instrument on their arms or legs in places where the mark it left would generally be unnoticed. The next morning the woman found a circular bruise of two and a half centimeters in diameter that was positioned high up on the back of one arm. By the way, the fact that we know so little about the cause of the bruises could have a good reason: Leah Haley remembers that the alien told her not to remember how the bruises came about.[280]

### (c) Scars or other conspicuous marks on the skin

*Abduction research*

In addition to the very characteristic Scoop Marks and sudden bruises, there are other physical characteristics that abductees repeatedly notice on themselves. These include above all inexplicable scars, mostly in the form of short, straight and very fine lines.[281] These occur in a wide variety of body parts, such as the calves, above the knee or at the hip. Frequently, those affected also notice punctures on their body that they cannot explain

either.[282]

Such punctures could be the result of a treatment Leah Haley remembers. She noticed a Grey stabbing her arms, legs and feet with a needle-shaped instrument about thirty centimeters long.[283]

In addition to scars and punctures, geometrically arranged dots also appear on the skin. For example, Pat found a circle of six dots on the inside of her wrist with a seventh dot in the center, and Jane noticed an equilateral triangle of three dots.[284] Regina Köhler also found such a triangular arrangement of three dots on her left leg.[285]

*Abduction cases from Germany*

Apart from the above-mentioned Scoop Marks, conspicuous marks only appeared in two cases. These were each three red dots: In one case, they were arranged as a triangle and in the other case on a line at the same distance to each other. The triangle arrangement appeared several times, and regarding the dots arranged on a line the two outer dots were smaller than the middle dot. A medical assessment of such marks is hardly possible without a closer examination by a specialist. Finally, such red symmetrically arranged dots can also have a natural cause (e.g. mosquito bites that incidentally have a geometric arrangement). However, at least the multiple occurrence of such a triangular formation could no longer be explained by mosquito bites.

Of an entirely different quality is a group of cases, of which one was reported from Germany and several from France and other parts of the world. Here, complex red patterns suddenly appeared on the skin of those affected, reminiscent of burns. These included several circles with two perpendicular lines through the common center, similar to a reticle/cross-hair. Pictures of these strange marks can be found on the internet.[286] This seems to be a relatively new phenomenon that is not known from abduction literature. What is behind these complex drawings on the skin of these victims and how they were created is completely unclear (one theory is that these are self-inflicted by a hair dryer).

**(d) Sunburn without sun exposure**

*Abduction research*

The temporary director of *Project Blue Book*, Captain Edward Ruppelt, reports in his book on the case of a witness who, according to his own testimony, had a close encounter with a UFO.[287] During the subsequent examination of the man, slight burns (such as sunburn) were found on his arms and the backs of his hands. The cause of these skin injuries remained a mystery. In her book *Taken*, Dr. Turner also mentions two female abductees who suffered from unexplained »sunburns«.[288] After a UFO abduction witnessed by his cousin, the Native American Jeff returned after about two hours with a severe »sunburn«.[289] Sue also had – as Budd Hopkins describes – a »sunburned« face after a UFO sighting in connection with loss of time.[290]

And German researcher Dr. Johannes Fiebag also mentions such a case:[291] Bernd, who as a child had observed an abduction of his parents and apparently is an abductee himself, woke up one morning with a slight sunburn on his left hand and on the left part of his face. There was no convincing explanation for this.

However, a case described by Budd Hopkins suggests that such symptoms may be associated with radiation emission from the alien spacecraft. In the garden of the affected family, a conspicuous circular spot had previously formed overnight – as already described – from which a straight strip of dead grass about fourteen meters long emanated. After staying near the alleged landing site, family member Debbie Jordan suffered from noticeable hair loss and malaise. Three friends who were with her also complained of nausea and dizziness. One of the women also contracted a burning of her foot accompanied by a sensation of numbness as she walked across this part of the lawn.[292] An ophthalmological examination of Debbie’s eyes revealed that her eyes were apparently burned; since then, her eyes have never fully recovered.[293]

Due to these physical and physiological consequences, Budd Hopkins suspects some kind of radiation effect, and he points to similar symptoms of witnesses of a UFO sighting (Betty Cash, Vickie Landrum and Colby Landrum) near Houston, Texas, in December 1980.[294] This assumption is supported by the fact that a Geiger counter measurement carried out at the

marking in the Jordan's garden showed a maximum amplitude.[295] After the incident, not only wild animals but also the family dog avoided the affected area. Nevertheless, the dog's hair began to fall out, his skin burst open and he went blind; finally, two years later, he died agonizingly and eaten away by cancer.[296] Years later, Debbie was also diagnosed with an advanced cancerous tumor. She suspects that her cancer – as in the dog – is related to the mysterious spot in the garden of her house.

*Abduction cases from Germany*

In my work with abductees such a case occurred only once, but this case is extremely strange and therefore worth mentioning. The person concerned told me how she woke up one morning in late autumn and was surprised to find that her face was burning terribly, like a sunburn. As she looked into the mirror, she was surprised to find that her entire face was red like a lobster. The lady could not explain how it had come to this apparent sunburn. She had spent the day before in the apartment.

Thus, it can be ruled out that her skin had just been exposed to too much sunlight, which could have explained the burning, red skin. This instance is important for me because I consider the witness to be absolutely credible and conscientious in her reporting. After being in contact with her and her mother for a long time and having heard quite a number of strange experiences from them I am convinced that both have ET abduction experiences. Therefore, for me, there is much to suggest that this woman was exposed to intensive radiation of artificial origin during a nightly contact experience.

The question of whether this radiation originated from an extraterrestrial aircraft or another source of radiation has not yet been answered.

## *2. NOCTURNAL NOSEBLEED*

*Abduction research*

As already mentioned, abductees often report inexplicable tiny blood-stains that they find on their pillows, sheets or nightwear in the morning. This often seems to be an after-effect of the insertion of an implant through the nose. For example, Andrea could not only remember a long needle that was

inserted through a nostril into her nasal cavity. She also found traces of blood, obviously resulting from nosebleeds, on her pillow and nightgown the next morning.[297]

Other minor interventions on the bodies of abductees also seem to result in such blood spots. That is supported by an observation by Debbie Jordan. After disturbing nocturnal incidents, she found tiny blood-stains on her bed sheet at the level of her neck and spine.[298] In the case of Arnold Kellermann and Carola May, on the other hand, the origin of the blood was quite obvious: both of them woke up suddenly in the middle of the night with heavy nosebleeds.[299] In numerous other cases, such as those investigated by Professor Mack, this indication often appeared in the childhood of abductees.[300]

*Abduction cases from Germany*

During my investigation of possible abduction cases from Germany, I found that almost all people whom I could classify as abductees reported nocturnal nosebleeds. This usually occurred several times over a longer period of time. Together with the electromagnetic anomalies and bruises, I would therefore consider nocturnal nosebleeds to be one of the most reliable indicators of ET abduction experiences. In all cases the affected persons did not have a corresponding disposition, in particular they did not suffer from nosebleeds during the day. Rather, in the morning they noticed to their astonishment that there were some drops of blood on their pillow or nightgown, or they noticed a bloody crust in one of the nostrils when cleaning their noses in the morning.

In all cases the amounts of blood, which had apparently escaped from the nose, were quite small. In conjunction with the other indications, however, there is much to suggest that such a nosebleed actually occurs as a result of nocturnal abduction experiences.

This is likely to be the result of a local vascular injury or a small wound due to a medical intervention by the abductors (usually an implant is inserted). While at the next morning any memory of the nightly procedure has disappeared, the dried blood remains indicate that something strange must have happened last night.

The memory of such a process is not always completely erased. Suzy Hansen, for example, had an implant replaced in her nose and she suffered nosebleeds for several days after this experience.[301] In one of the cases I investigated, there also was such a connection between (1) the person's memory of an extremely painful insertion of an implant into her left nostril and (2) nosebleeds occurring the next morning and in the following days. As described by some abductees of the US-American cases, not only was the procedure associated with extreme pain, the woman also heard a cracking noise when the implant was inserted, as if something had been punctured in her head.[302]

After the insertion of the implant, she heard a strange electronic sound that she associated with the implant. Her instinctive, terrifying feeling was that she can now be always found. Unfortunately, this woman had to struggle not only with pain, but also with an inflammation in the left half of her face and other physical complaints.

### *3. UNUSUAL, UNIDENTIFIABLE SOUNDS*

*Abduction research*

Time and again, people affected by the ET contact phenomenon report that they perceive inexplicable noises – mostly at home.[303] In addition to abstract sounds inside the house, those affected often hear humming noises, regardless of their actual location.[304]

*Abduction cases from Germany*

More than half of the persons from the reference group report hearing unusual sounds that they cannot identify. One abductee described these noises as humming, buzzing and whistling. Another abductee is hearing a humming noise that she cannot assign. One woman was reminded of the sound of a table tennis ball hitting the ground, slowly losing energy. Why those affected by the abduction phenomenon so often perceive inexplicable noises is a big mystery. So far, there are no hints as to the source of these sounds.

As I briefly explained earlier, several realities or levels of reality

(dimensions) seem to exist in our world. In our waking consciousness – corresponding to the beta brain wave activity – we perceive only the physical everyday world familiar to us. In other states of consciousness, such as daydreaming or in light trance (alpha state) as well as in the transition from the waking to the sleeping phase (theta state), we seem to be open to these other levels of perception. There, not only ET contacts take place on a non-physical level (as in Dr. Strassman's DMT study), but visual perceptions associated with these realities are also possible.

It would therefore be obvious that abductees – at least temporarily – also have an auditory access to these levels of reality that are invisible and inaudible to us. Just as psychically gifted people can often perceive special energies or auras, the abductees also seem to be particularly receptive to sounds from this hidden world. However, in some cases the sounds may result from implants inserted into the abductee's head. Another possible cause of unusual noises, which I consider to be the explanation for electromagnetic anomalies experienced by abductees, is presented in the next section.

## *4. ELECTROMAGNETIC ANOMALIES*

*Abduction research*

A particularly conspicuous and also very frequent feature in the environment of people with ET contacts is interference with electronic devices. In all eight of Dr. Turner's cases examined for her book *Taken*, there was this phenomenon.[305] For example, Lisa and Jane described the strange behavior of electrical devices such as radios, lamps, televisions and telephones.[306] Likewise, abductees repeatedly told researcher Mike Clelland that wristwatches didn't work for them; sometimes street lights go out when these people walk under them or drive along them.[307] 28% of the participants in the FREE-study claim to have experienced such a malfunction of watches; 48% claim to have observed that electrical appliances such as computers have malfunctioned around them.[308]

The sisters Debbie Jordan and Kathy Mitchell also portrayed various paranormal and even poltergeist-like phenomena that occurred repeatedly in

their family home for many years. These included inexplicable noises (such as footsteps), a stereo system that switches itself on and off, objects that disappear and reappear in strange places, light bulbs that burst, and drops of water that seem to fall from nowhere.[309] Debbie also describes how one day an important ring was no longer to be found.[310] Finally, she came up with the absurd idea of looking under the carpet of the bedroom. After she had separated the carpet from the skirting boards with tools, removed a protective layer and turned over the carpet almost to the middle of the bedroom floor, the missing ring lay there.

*Abduction cases from Germany*

Experiencers from Germany told author Dr. Johannes Fiebag about paranormal effects that occurred repeatedly in their lives.[311] My own investigations corroborate this finding. As with the perception of unusual noises, the hit rate for electromagnetic anomalies in the reference group was over fifty percent. Therefore, I consider the occurrence of electromagnetic anomalies in the everyday life of abductees to be one of the most fascinating and amazing aspects of the abduction phenomenon. The events reported to me by those affected include:

- Computers, stereos, TVs, radios and lamps switch themselves off and on;
- wristwatches and clocks in the apartment stop again and again;
- electrical appliances (e.g., electric kettles) fail or do not work if the person concerned wants to use them (in one case this included remote controls and touch lamps);
- street lights flicker or go out at the moment when the affected person passes under them.

I wondered for a long time what could be behind this conspicuous phenomenon. Is this, for example, a side-effect of implants (for which electromagnetic radiation was measured) in the bodies of those affected?

Or do the ET contact experiences influence the electromagnetic field of the abductees? Both didn’t seem very convincing to me. Thus, I was glad to find a more conclusive explanation.

In paranormal research there is the hypothesis that so-called poltergeist phenomena (light bulbs burst, pictures fall from the walls, lights go out, etc.) are due to the unconscious energy of one of the persons involved. This was also the case in the famous poltergeist case of Rosenheim, Germany. There, the unusual haunting phenomena measured by physicists in a law firm seemed to be connected to the young trainee Annemarie Schaberl. When she left the firm, the phenomena ended abruptly.

Professor Bender from the *Institut für Grenzgebiete der Psychologie und Psychohygiene* in Freiburg, Germany, subjected Ms. Schaberl to extensive psychological tests and came to the conclusion that she was unstable, irritable and suffering from frustrated anger. According to Professor Bender, all her disappointment was discharged by psychokinesis, triggering the phenomena the office was struggling with.[312]

In a message via channel Lyssa Royal Holt, the alien Sasha explains the electromagnetic anomalies in the environment of abductees exactly with this mechanism. In this context, he first deals with the unconscious emotional and energetic processes involved in childhood experiences of abuse and explains these as follows:

> »You know that childhood experiences of abuse are often only accessible in memory fragments. Some parts of the abuse may be remembered, others not. These unresolved memory fragments accumulate energy or a momentum in human consciousness because they are unrecognized. Finally, symptoms occur in your reality that are directly related to these suppressed memories. In the case of abuse, for example, these are often irascibleness or emotional problems with which the person concerned cannot cope. In this form, the unrecognized energy from the memory of the abuse becomes noticeable.«[313]

Sasha had previously explained in detail that ET contacts take place at all levels of consciousness, especially at an unconscious level. He then transfers the idea of the emotional/energetic processes of abuse experiences to the ET contact phenomenon:

> »When parts of you (for example, the subconscious) experience contact, the waking consciousness does not remember the contact because it did not take place in its area of responsibility. Pressure then builds up in the deeper layers of consciousness. This energy must somehow be released so that the pressure decreases and mental pain can be avoided.«[314]

Finally, he draws a parallel between the energetic processes of ET contacts and poltergeist phenomena:

> »Energy so intensively suppressed must somehow step outwards, often in purely energetic form. It can take the form of paranormal phenomena – the so-called poltergeist activity. […] If the energy of the unrecognized alien contact is not processed in human consciousness, it can make itself noticeable in your reality through inexplicable phenomena such as poltergeist activity.«[315]

This includes – as Sasha explains – electromagnetic processes, but also strange noises.

As could be expected, I received some strong criticism for citing a channeling source in my book. However, this doesn't bother me too much. Because – in this case – not the source itself was important for me but the convincing psychological mechanism presented by it. And my intuition that a profound truth is revealed here was unexpectedly corroborated some months later.

It was during the intensive research for my next book *Dark New World Order* that I read, with great astonishment, in German psychologist Michaela Huber's book *Multiple Persönlichkeiten* (Multiple Personalities) that such electromagnetic anomalies also occur frequently with persons suffering from Multiple Personality Disorder (Dissociative Identity Disorder). Typical descriptions of her patients are as follows:

> »When we (she means, inside her) have a lot of switches or we are very confused, it often takes forever until the engine of our car starts.«

> »For some time, I had the batteries in my watch constantly changed – until I noticed: If there's a lot going on inside of me, the clock just stops.«[316]

Exactly the same experiences were reported to me by mind control survivor Trish Fotheringham. At this point, it must suffice to explain that satanic cults and the CIA are using sophisticated torture techniques to split the minds of children into different programmable personality parts. These victims of trauma-based mind control then have a number of different personality fragments, each unaware of the existence of the others. Therapists have succeeded in uncovering complex personality systems in these so-called »multiples«. A change from one personality to another is called »switch« (see for details Part 1 of *Dark New World Order*).

Thus, you can see very well how the energy of unprocessed experiences of the subconscious mind is discharged into the outside world of these multiples and leads to electromagnetic disturbances. These are consistent with the anomalies described in cases known from abduction research. Especially the stopping of watches, although the battery was changed just recently, has often been reported to me by abductees. Hence, there is much to suggest that the same mechanism applies in all three areas (»poltergeist activity«, abductees, multiples).

It seems to be of benefit to examine these correlations more closely in clinical studies.

## *5. MISSING TIME*

*Abduction research*

The phenomenon of missing time is certainly one of the most confusing and disturbing aspects of ET-related experiences for those affected.

The sudden realization that one can no longer give account to oneself of a period in one's life that can last for hours reveals the complete helplessness in the face of the alien influence. For example, in seven of the eight abduction cases examined by Dr. Karla Turner for her book *Taken*, there was the phenomenon of missing time.[317] 44% of the participants in the FREE-study

claim to have experienced missing time.[318]

For example, many abductees remember how they played outside as children during the day and suddenly – without being able to explain it – came home only after dark.[319] Of course, they could not give their parents an explanation for their disappearance for hours, which often led to severe consequences on the part of the worried and angry parents (one woman from Germany also described such a childhood experience to me). Numerous other abductees also report conspicuous losses of time, which are often noticed when driving a car or are associated with an inexplicable change of location.[320]

*Abduction cases from Germany*

Some missing time events were also reported in the reference group. These concerned car journeys in each case, whereby the affected persons could each remember to have experienced several of those time losses. The duration of the time losses was between about half an hour and an hour. The missing time experience revealed itself to those affected in two ways: 1) They arrived later than they should have done under normal circumstances; 2) For part of the way there is no memory of it at all. For example, one person only remembers how she had driven up a mountain but has no memory of the descent and the further drive through the next two villages. Only in relation to the third village, which was not far from her destination, does the memory begin again. This description of a time loss during a car journey reminds of the return trip from Canada reported by Betty and Barney Hill after both had previously seen a UFO.

### *6. TIME GAIN*

*Abduction research*

Few researchers have so far gone into the phenomenon of time gain in more detail. However, 27% of the participants in the FREE-study claim to have experienced »extra time«.[321] I had already pointed out that this process obviously has a completely different quality than the much more frequent loss of time. While missing time merely gives the impression that time has

been lost due to a memory gap, time gain must be a real time anomaly.

In her book *Custodians*, hypnotherapist and UFO researcher Dolores Cannon dedicates an entire chapter to this amazing phenomenon, which she calls *condensed time*. The experiences described there speak in favor of the fact that the person concerned actually leaves our space-time continuum temporarily during this process. This, moreover, corresponds exactly to an explanation given to Dolores Cannon during an ET channeling regarding the experience of a female abductee (»She transcended your dimension, and her car was not on your plane nor was she.«).[322] The overall mechanism is therefore as follows:

1. During the ET contact experience, the person concerned is in a different dimension or on a different space-time plane (however, this must not necessarily apply to all ET contact experiences).
2. There, a different time flow relative to our 3D reality exists.
3. When the person concerned returns, the observed *time gain* in relation to our space-time continuum arises.

This is exactly the mechanism described to Suzy Hansen by an ET regarding the flight of their craft *through* planet Earth:

> »There would be a ›shift‹, a temporary phase of movement from one place to another, like moving outside the current existence, place and time, then running alongside it in some shortened parallel reality or dimension, before moving back in again.«[323]

It is also interesting to note that various abductees report similar effects in the course of this experience. For example, Eddie had the impression that he was invisible to his fellow human beings during the process, and for Janet the world around her seemed to have come to a sudden standstill while she could move on.[324] Not only did all cars, people, animals, and any movement seem to have disappeared, there was also no sound.[325] She had the feeling of being trapped in a kind of time bubble together with her companion. Janice also describes an experience in which she had the feeling that her time had

suddenly changed; she was surprised to find that her fellow human beings could no longer see her and that she no longer perceived any ambient noises.[326] Other abductees also report a feeling of moving in slow motion or in a different dimension of time.[327] Interestingly, in his book *Visitors from Time*, published in 1992, author Marc Davenport already suggested that time distortions during UFO contacts could be responsible for the uncanny silence repeatedly observed during UFO sightings.[328] According to Suzy Hansen, the Greys have the ability to manipulate time.[329] After a lesson on board the ET craft, her group of experiencers was informed by their instructor that the Greys had shortened the time some of them had been absent in order to avoid arousing suspicion from workmates or family.

*Abduction cases from Germany*

A gain in time, which must be a genuine time anomaly, was also noted by several experiencers from Germany. For example, one witness remembered that she reached her destination after just one and a half hours on a car journey which normally takes between two and three hours. And this, although the trip took place on a busy Friday and there was quite a lot of traffic.

## *7. WAKING UP IN ANOTHER PLACE*

*Abduction research*

In abduction research there have been reports of a mysterious change of location of abductees. They discovered that they had woken up or regained consciousness in a place other than the last location where they had stayed or gone to bed. 16% of the participants in the FREE-study claim to have experienced this.[330] If time is lost during a car journey, this is usually an inevitable consequence (as in the case of Betty and Barney Hill).

*Abduction cases from Germany*

No abductee has ever told me that he or she woke up in another place.

## *8. UNUSUAL POSITION IN BED*

*Abduction research*

Frequently, abductees report that they have woken up upside down in bed, often after a UFO-related dream.[331] For example, Budd Hopkins reports a case in which abductee Joyce Lloyd found herself – in connection with unusual memories – with her head at the foot of the bed; in another case involving a mother and several of her children, three of the children woke up in the wrong beds the next morning.[332] Even clearer is the connection with the abduction phenomenon in another case described by Budd Hopkins. There, a young woman found her cousin lying naked and upside down in bed after she had searched the room for her shortly before.[333] In addition, the two women's memories of a shared abduction experience coincided. 33% of the participants in the FREE-study claim to have woken up in a strange position in their bed.[334]

It thus appears that the aliens are sometimes somewhat careless when the abductees are brought back and that the person concerned is laid back into his bed upside down. It is also possible, however, that in this way – as has already been discussed – they deliberately leave behind a clue to the nocturnal encounter.

*Abduction cases from Germany*

Seven abductees from the reference group have already woken up in an unusual position in their bed. Usually they lay completely upside down in bed, i.e. with their feet at the head end. The fact that a person moves in bed during a restless sleep and perhaps even wakes up lying diagonally or across the bed should not be unusual. However, it seems almost impossible for an adult to make a complete 180-degree turn while sleeping, at least in a single bed. Of course, it is conceivable that some of those affected may sleepwalk at night and then lie down backwards in bed on their return. It is rather unlikely, however, that in a group of twelve this happens to seven of them.

It is therefore reasonable to assume that there is a connection with the abduction phenomenon. As previously considered, it could be that after the abduction the intruders simply do not correctly put the abductees back in

their beds. As we will now see, this would not be the only (intentional?) mishap that occurs in the course of the ET mass kidnappings.

### *9. MISSING OR INCORRECTLY ARRANGED NIGHTWEAR*

*Abduction research*

A quite frequent and also conspicuous indication for ET abductions are missing or wrongly arranged parts of the nightwear.[335] In six of the eight cases examined by Dr. Turner for her book *Taken*, the women concerned discovered in the morning that their night-time clothing had gotten mixed up in an inexplicable way.[336] Anita, for example, noticed after waking up that she was wearing her nightgown with her back to the front; another time the nightgown was not only back to front, but also turned to the left; Jane experienced something similar.[337] And Saskia often woke up undressed the next morning after unusual nocturnal experiences, while her nightgown was lying somewhere in the room or halfway under the mattress at the foot of the bed.[338] 15% of the participants in the FREE-study claim to have awakened to find clothing missing or arranged differently.[339]

*Abduction cases from Germany*

After waking up in the morning, four experiencers from the reference group had also noticed that their nightwear had been put on the wrong way around or that the top had been turned to the left. It hardly seems possible to perform such a feat of changing clothes while sleeping. Therefore, also in this case – as »normal« explanation – only a kind of sleepwalking would come into consideration. However, the idea that the person, while sleepwalking, takes off a piece of clothing and then puts it on the wrong way around seems rather absurd.

The abduction phenomenon provides, in a certain sense, a simpler explanation. This is particularly true in cases where there are numerous other indications of an ET abduction experience. Finally, it is known from the abductees' reports that they had their clothes taken off before the examination on board the UFO begins. Apparently, small inaccuracies occur when the aliens put the clothes back on the abductees after the examination.

Furthermore, this scenario seems to be the only one that can explain the rarely occurring case that an abductee wakes up the next morning with *unknown* clothes.

Since it is often reported that other abductees are present on board the UFO at the same time, such a mix-up can be easily understood.

### *10. FALSE PREGNANCY*

*Abduction research*

In their case studies, the researchers repeatedly found that female abductees became surprisingly pregnant after an abduction experience and that such a pregnancy ended prematurely under medically confirmed, unusual circumstances – usually in the second or third month.[340] The researchers named this disturbing aspect of the abduction phenomenon »Missing Embryo Syndrome«. Dr. Johannes Fiebag reports that of a total of twelve female abductees who turned to him between May 1993 and February 1994, five had abnormal »pregnancies« or »ulcers« in the uterus.[341] Between the eighth and twelfth week, these symptoms had vanished, without any signs of a miscarriage or an abortion.

One such case concerns Debbie Jordan, who in early 1978 noticed a pregnancy confirmed by tests.[342] When her menstruation started again in March, she became worried and went to see a doctor, who couldn’t find any evidence for a pregnancy anymore. Her doctor was stunned because there were no indications of a natural miscarriage. As he told Debbie, he wasn’t sure what had happened.

Debbie had always wondered why she had woken up in her little niece’s bed the night before visiting the doctor and how she had actually got there. Also, she could never explain her sudden feeling at that time that she was no longer pregnant. Under hypnosis, she later remembered lying on a table in a white room, her legs spread wide, and Greys performed a surgery on her abdomen. After the painful process she saw one of the Greys holding a tiny, moving creature in his hands. When she realized what had just happened, she became angry and insulted the Grey who took her child without her consent.

Despite this terrible experience, Debbie is happy that a few years later a

little girl was shown to her by two Greys aboard a spaceship.[343] The pale four-year-old girl was very petite, with tiny ears sitting low on her head, a tiny mouth, big blue eyes and snow-white hair. At the sight of this unusual girl, Debbie was overwhelmed by love and maternal instincts.

Catherine, too, remembered under hypnosis the removal of a fetus about three months old during an abduction. The small creature had the typical eyes of the Greys.[344] Many other women experienced similar things. As mentioned before, three witnesses come from Central America (Rosalie, Angelina and Camilla). The appearance and vanishing of the pregnancies was in each case related to a UFO sighting or specific abduction memories, and the time between these events was about two months.[345] In the case of Maria Struwe, investigated by Dr. Fiebag together with the gynecologist Dr. Ruth Kremser, the typical missing embryo scenario also occurred.[346] After Maria Struwe showed all the physical signs of pregnancy in the summer of 1986, she awoke at the end of the third month of pregnancy one morning, sweating and physically exhausted. She remembered fragmentarily a nocturnal experience in which she lay on an »operating table« surrounded by three small figures. The gynecologist's subsequent examination showed that there was no longer any pregnancy. Here, too, the pregnancy ended after about three months.

Abductee Lucy Sanders was even given an explanation by the strangers for the early time of the fetus removal:

> »We are able to have the embryos raised by our own females. But in the case of human women, they have to be removed within the first three months so that the women do not realize that they are the host for an implant. From a psychological point of view, if the woman does not know about the embryo during the first three months, she leads a normal life, so that there are no negative effects to be feared for her.«[347]

If this information is correct, it would also confirm an important perception of some abductees: the assumption that some of the tall Greys are female beings, although no external sexual characteristics are discernible. Debbie

Jordan also felt that the two Greys who showed her the little girl were female.[348]

*Abduction cases from Germany*

I knew from US-American abduction research that there were reports of »false« pregnancies again and again. However, I would never have expected to be confronted with this phenomenon so frequently in my work with abductees from Germany. One in two abductees from the reference group already had one or more »false« pregnancies. In one case, the girlfriend of a male victim also experienced a »false« pregnancy. Of course, it is hardly possible to arrive at a reliable assessment of such a procedure without a thorough medical examination. Nevertheless, these cases are to be classified as quite unusual, and also the doctors involved seemed to be helpless according to information from the abductees.

I would like to describe two of these remarkable cases in more detail here. A woman told me that she was pregnant, although she should not have been pregnant at that time. Nevertheless, there was not the slightest doubt about the existence of the pregnancy. Not only was a heartbeat detectable, the ultrasound image also showed the fetus. Thus – as far as the course of the pregnancy was concerned – everything seemed to be in order at first. Until the young woman in the fourth month at one night had the strong intuition that something was wrong.

After sudden stomach pains became worse and worse, she finally went to a hospital. An incredible surprise awaited her there. A heartbeat was no longer detectable. And not only that. The ultrasound image showed only the amniotic sac. According to the doctor, the embryo had simply dissolved. It had disappeared without a trace and there was no medical explanation.

Another abductee also told me that she had all the signs of pregnancy. Not only the pregnancy test and the analysis of the urine were positive, but also the amniotic sac was already visible on the ultrasound. When the patient visited the hospital in the third month for another ultrasound scan, she also was confronted with a sad and shocking surprise. There was neither an embryo to be recognized on the ultrasound scan, nor could heart sounds be detected. The doctor had no explanation for this. There had been no

miscarriage and the scraping carried out could not provide any further clues to what had happened.

As already mentioned, a final assessment of these cases is hardly possible. On the one hand, some of these could be genuine false pregnancies, i.e. cases in which there are signs of pregnancy but no embryo is formed. On the other hand, miscarriages occur before the child is viable due to various complications (e.g., infections or hormonal disorders). The data on the frequency of such miscarriages, where a pregnancy ends prematurely, varies. According to Wikipedia, about thirty percent of all women are affected by a miscarriage once or several times in their lives.[349] According to another source, the miscarriage rate of clinically diagnosed pregnancies is between ten and fifteen or twenty percent.[350] The result, however, depends crucially on which periods of pregnancy are taken into account. Only few pregnant women suffer a miscarriage after the twelfth week of pregnancy.[351] Eighty percent of miscarriages take place before this date.[352]

Thus, it seems certain that miscarriages due to natural causes are not uncommon. Nevertheless, there are always cases of abductees that astonish the doctors treating them. These are mainly cases where a proven embryo suddenly disappeared without being removed and without symptoms of a miscarriage such as bleeding.

Given the abduction phenomenon and the research findings, two points are particularly important: 1) The embryo usually disappears after the second or third month, i.e. the missing embryo syndrome is in part related to a pregnancy phase in which miscarriages are rare. 2) It is known that the Greys carry out a genetic breeding program in which not only genetic material is taken from men and women, but female abductees are also used to carry out the hybrid offspring. Thus, the fact that an abductee detects all signs of an – often inexplicable – pregnancy and then the embryo suddenly disappears fits seamlessly into the larger framework of the abduction scenario.

It can therefore be assumed that some women experience exactly what can be expected from our findings about the Greys' motives: during a first abduction, the woman is artificially inseminated on board the spacecraft; during a second abduction – about eight two twelve weeks later – the fetus developed from the fertilized egg and genetically modified is removed from

her again.

The observation of several abductees on board the UFO, who saw rooms with numerous containers in which small fetuses with hybrid characteristics swam, corroborates this scenario.

### *11. THE URGE TO GO TO AN UNKNOWN/ REMOTE PLACE*

*Abduction research*

Many abductees report to have felt an irresistible and inexplicable urge to visit a remote or abandoned place. In seven of the eight cases examined by Dr. Karla Turner, the women had experienced such compulsive behavior.[353] Amy, for example, remembers going alone to a nearby field very early one morning at the age of ten.[354] However, she had no idea why she went there, nor could she remember what happened when she arrived. A similar experience had Kathy Mitchell (pseudonym Laura), Debbie Jordan's sister, whose case is described by Budd Hopkins in his book *Intruders*.[355] Furthermore, Kathy can link her behavior to the sighting of a UFO. At first Kathy believed that on her way home she must have driven to the abandoned parking lot of a church, as if under duress. Later memories suggest, however, that her vehicle was moved there directly from the deserted street.[356] When she looked up after this change of location still sitting in her car, she saw a silver-colored object with flashing lights, which hovered silently at the height of the telephone poles directly above her vehicle. Then Kathy experienced a loss of time. Christine Quiblier also repeatedly went to a certain place in the forest to wait for a silver ball to pick her up.[357] And Betty Luca describes how she felt compelled to leave the house with her sleeping children and go into the forest. Under hypnosis, she remembers this incident as follows:

> »I feel strange, as if something is pulling me forward. I'm going up the hill. […] I don't know why I'm doing this. […] There's a strange creature standing there, and I'm afraid of him … It's staring at me, and I can't move.«[358]

*Abduction cases from Germany*

Half of the persons from my German reference group have experienced such an inner urge or compulsion to go to a remote place. I will describe two of these experiences below.

The first one happened in February 2006. At around 9 pm the woman suddenly felt an inner restlessness. She felt the strong urge to leave the house, sit in the car and drive off. She then drove for about an hour without knowing where she was going. When she finally stopped her vehicle (the 10 pm news had just started), she realized that she was somewhere outside the villages in open nature. Neither did she know this place, nor did she have any idea how she arrived there. She remained seated in the car and switched off the engine as if under duress. She has no memory of what happened next. – The witness can only remember how she drove away from the abandoned place to arrive at home at about 11:30 pm. I asked her how she managed to find her way home. She only remembered that the return trip as well occurred automatically – as if she had been remotely controlled. If one assumes that the journey home, like the outward journey, took about one hour, the stay at the destination must have lasted about thirty minutes. What happened during this missing time remains a mystery.

Another experiencer told me how she sometimes as a child got up early in the morning at sunrise (although she is actually a late riser), left the house and went for a walk in the adjacent fields and meadows. She always ran to a certain tree, without being able to remember, however, to have really arrived at this tree. Nor can she explain to herself what she actually did during these early morning excursions.

The purpose of this phenomenon, which occurs quite frequently among abductees, seems to be to enable an unnoticed physical encounter between the strangers and the people concerned. According to Budd Hopkins as well, the aim seems to be to »lure« the potential abduction victim to a place that allows the UFO crew to operate efficiently, safely and secretly.[359] An example of this is the case of Catherine.[360] She drove her car as if under duress into a forest area off the highway. Although her foot was still on the gas pedal and the road was level, her car slowed down and finally stopped. Then a Grey approached her vehicle, opened the car door and led her away from the road into the forest. Next, they both moved up towards the sky (a

hovering in the air reported by many abductees), where a huge spaceship was waiting for them. A typical examination scenario followed. However, Catherine was not the only test subject on board. She saw long rows of tables in a large room, on some of which were people who were subjected to certain interventions. She estimates that there were between one hundred and two hundred humans and extraterrestrial beings in this hall.

The procedure in Catherine's case and in numerous other cases underlines on the one hand the concealed, hidden actions of the strangers. Beyond that, it also demonstrates the great power and mental superiority of the aliens. They are not only able to communicate telepathically with us, to transmit information to us and to delete our memories. Obviously, they can also quite effectively force their will upon us and let us carry out certain actions. This of course raises the question of how and how often such manipulations – apart from guiding a person to a remote location – occur in our everyday lives.

## *12. NOCTURNAL INABILITY TO MOVE, ANXIETY AND SLEEP DISORDERS*

*Abduction research*

We have already seen that an imminent abduction experience is often heralded by a sudden inability to move on the part of the person affected. Betty Luca, for example, first noticed a frequently reported uncanny silence. At the same time she felt how her body was completely paralyzed from head to toe.[361] Suzy Hansen describes how her sudden state of paralyzation was introduced by an intense humming sound while she felt vibrations penetrating her entire body.[362] Several of the Maya witnesses also report how the aliens paralyzed them.[363] Such helpless exposure, pain, and fear of repetition lead to another problem with which abductees have to struggle: massive sleep disorders. All eight abductees from Dr. Karla Turner's book *Taken* suffer from sleep disorders.[364] Debbie Jordan also suffers from chronic anxiety, sleep problems and fear of the dark.[365] This psychological reaction is all too understandable when one considers that those affected have often been torn from their sleep by strange beings since early childhood, unasked for, unpredictable and under frightening circumstances.

*Abduction cases from Germany*

Only during the statistical evaluation of the information from my reference group did I notice with astonishment that *all* affected persons were familiar with a short-term inability to move when suddenly waking up. The data vary as to the length of the period in which the inability to move persisted. For example, one abductee reported that she woke up at night from a noise and could not move for about fifteen seconds. Another person could not only remember the brief paralysis but also a strange observation made during this process. She woke up one night in her bedroom and found that she could no longer move her body except for her eyes. At the same moment she noticed a figure moving from her bedroom through the door to the adjacent pantry at the foot of her bed. When she could move again, she stood up, took all her courage and looked in the pantry. But there was no one there. The pantry did not have a window, and there was no other way out of the room. The woman is absolutely certain that her observation was not the after-effect of a dream.

And another point is statistically conspicuous. At first I had decided not to go further into the subject of sleep disorders, which I had also asked about in my questionnaire. The problems with sleeping reported by the abductees seemed too unspecific to me. When reviewing my documents, however, I was surprised to find that *all* persons from the reference group are both afraid (at least in phases) of going to bed and suffer from sleep disorders – especially problems of falling asleep.

From my hypnotherapeutic work I know that sleep disorders are not a rare topic nowadays. However, there is a significant difference to the cases from my practice. Here the problems with falling asleep or sleeping through are regularly due to occupational or private stress. This is then expressed again and again in such a way that the clients are not able to relax while going to bed or after waking up at night, and then lie in bed for hours with circling thoughts. By learning to lead themselves into deep relaxation and at the same time letting go of disturbing thoughts overnight, they can often achieve a significant improvement in their sleep duration and quality. In the case of abductees, on the other hand, the problems with falling asleep are

related to their often quite pronounced fear of going to bed.

And one more thing is worth mentioning: the sleep problems are accompanied by a fear of darkness, which also exists among *all* persons from the reference group, often since childhood. According to this, an unconscious fear of what to expect during the night seems to manifest in the abductees before going to bed. If one hears the abductees' reports about their frightening nightly experiences, in which they are surprised by strange creatures in their bedroom and brought under their control, such fears are very well comprehensible. In addition, compared to conventional, for example stress-related sleep disorders, the frequency of such sleep problems among abductees is striking. And there is another essential difference: »Normal« sleep disorders usually begin in adulthood due to clearly recognizable external factors, such as the birth of children and family or professional problems. In case of the abductees, however, the fear of darkness and of falling asleep already exists since early childhood.

As a result, there are indications that abductees do not suffer from sleep problems by accident. Rather, the suffering is an immanent aspect of the abduction phenomenon and caused by the stressful nocturnal experiences.

## *13. SIGHTING OF A UFO*

*Abduction research*

It regularly happens that abductees have seen an unidentified flying object in the sky either in connection with a specific abduction experience or on other occasions. In the cases reported in abduction research, those affected can often remember under hypnosis that the aliens had taken them to a waiting spacecraft.

*Abduction cases from Germany*

Seven of the twelve persons from the reference group have already seen a UFO in the sky at least once. These were not sightings of mere points of light, which could also have been a planet, star or weather balloon. Rather, huge flying objects were clearly observed or unusual lights that moved back and forth in the sky in an unconventional way. It is to be assumed that these

sightings were no coincidence, but that those persons should consciously perceive the spaceships. However, their ET contact experiences may also have changed the abductees' perception so that it is easier for them to observe a UFO than for others.

## *14. OTHER EXCEPTIONAL EXPERIENCES*

Under the category of other unusual perceptions, observations or experiences a large range of partly quite bizarre events was reported to me. Four of these episodes from the lives of experiencers are described in more detail below. I will show parallels from abduction research. As unusual as these experiences may seem at first glance, the more surprising are the congruent experiences of numerous other people.

### Telekinesis on board

One person remembers how he was allowed as a child to play on board a spaceship with a tennis ball-sized sphere. He mentally moved the sphere alone with his thoughts through the air. The young man was almost embarrassed to tell me this memory because it seemed so absurd to him. However, I was able to reassure him that there had been several reports of playgroups or lessons aboard a spaceship. And not only that. Even comparable exercises involving the mental movement of an object have been experienced by abductees. For example, Amy and Polly received instruction in telekinesis;[366] Becky Luca (Betty Luca's daughter) was also instructed by a Grey in telekinesis.[367] And Professor David Jacobs reports on »high-tech toys« in the form of balls floating in the air with which hybrid children, in particular, play on board the UFOs.[368] A similar account comes from Suzy Hansen. She describes a playroom in which human and alien children learnt to mentally levitate small objects and to pass them around.[369]

Catherine also witnessed such a play scenario. Children tried to fly a metal ball through the air with the help of a metal rod, which served as a kind of mental remote control.[370] Another human-ET play scenario is described by Claudia Negrón. At the age of five, she was brought on board a spaceship

with hybrid children.[371] The young hybrids were playing with little balls that seemed to turn by themselves and float through the air. And Roxanne Zeigler reports that she was brought together with a little boy in a room with climbing equipment.[372] When the boy wanted to show her a small metal toy rocket, he let it float from the other end of the room towards him. Thus, these reports show that at least some of the hybrid (or dual soul) children have the ability of telekinesis.

**The tame deer**

One woman told me how, as a young girl, she often got up early in the morning at sunrise and walked aimlessly through the nearby fields and woods. One day she had a strange encounter with a deer. The animal calmly strode by her at a distance of about one and a half meters, turned its head and looked at her with its large dark eyes. At that time, she was very astonished and wondered if the animal was ill or rabid because it passed so close to her without showing fear. Another experiencer asked herself the same question when she was jogging in the woods, passing several deer that looked at her from close range without moving.

Such unusual »encounters« between experiencers and animals are not uncommon. Eddie, for example, reports how during a hunt in the forest a deer let him come close and even touch him.[373] These similar reports of abductees could be dismissed as mere chance. But here, too, a striking pattern emerged from the thousands of cases examined. All the unusual encounters with animals have one characteristic feature: large dark eyes.

This is how Budd Hopkins describes the case of Virginia Horton, which occurred near Frankfurt am Main, Germany, in 1960. The family had a picnic and little Virginia walked around in the forest where she met a beautiful deer.[374] He looked at her from his large, dark eyes and guided her to a light that turned out to be a landed spaceship as she approached. The large dark eyes of the deer telepathically communicating with her reminded Virginia of the eyes of the aliens; it even seemed to her as if an already familiar Grey had hidden in the strange stag or behind the image of the stag.[375]

In his book *Kontakt,* Dr. Johannes Fiebag reports a very similar dream-

like memory of Conny Paraschoudis, who also met a deer in the forest. He looked at her and telepathically sent her the message to come along and not to be afraid.[376] Mary Weiner also remembers a bizarre »dream« that profoundly shocked her.[377] Several stags came into her house and stood close to her bed, staring at her with their big eyes.

But it's not always deer. Images of owls and other animals, such as upright walking hedgehogs and hares, also appear suspiciously often in the memories of experiencers.[378] Another prominent example are big white owls with black eyes. In his book *The Messengers*, Mike Clelland cites numerous accounts of people that have encountered white owls about four feet (1.20 meters) tall; often these absurdly large white owls appeared at night in the middle of a lonely country road. Brenda, for example, had such an encounter, after which she noticed a loss of time of one and a half hours.[379]

As with the memories of other animals with big black eyes, the owls seem to be screen memories that are supposed to conceal an actual encounter with a Grey. Not only the unrealistic size of these repeatedly observed birds speaks for it. Mike Clelland refers to several cases investigated by John Carpenter in which grey aliens gave to the victims the post-hypnotic command to remember them as owls.[380] But it becomes even more concrete. Lucretia Heart tells of an experience in which, as a young woman, she apparently surprised a Grey in the woods.[381] While he panicked and fled, she was suddenly given an image of a large white owl instead of the Grey. Thus, the image of an owl was intentionally transferred into her mind in order to hide the contact with a Grey.

However, the topic of owls does not only seem to be about screen memories for Greys. Mike Clelland, who has spent years investigating the relationship between owls and UFO sightings, discovered that before, during, or after UFO sightings and abductions, people repeatedly observe seemingly real owls.[382]

### Light spheres

The observation of light spheres floating in close proximity is a phenomenon that I encountered again and again during my investigations.

For example, one experiencer told me of the observations made by two of her ex-boyfriends (who didn't believe in such things before). Each of them saw, on different occasions in the evening, a tennis-ball sized light ball floating in front of the bedroom window. The spheres stayed there for a while and then flew away quickly.

Another experiencer also observed several times how small silver or reddish glowing balls of light floated through her room, once even during a telephone conversation with me; on another occasion the lady saw light balls of different sizes floating around her house. Another woman remembered sitting at the edge of a lake at night, when she saw a ball of light moving over the water towards her and »playing« with her.

The observation of such light or energy spheres – called orbs – seems to be closely related to the ET contact phenomenon. 44% of the participants in the FREE-study claim to have seen strange lights in their home with no known source.[383]

Many people whose cases have been examined in the last forty years have also seen such balls of light. Suzy Hansen describes such balls of light, vibrantly colored, and often communicating with her.[384] Researcher Raymond Fowler also writes about this phenomenon in his investigation of the Betty and Bob Luca case:

> »Significantly, lightballs are a typical component of the reports of many UFO abductees. During the joint OBE experience of the Lucas in 1978, the alien creatures proved that they could transform themselves into beings of light and balls of light. Bob was horrified to see one of the little grey creatures suddenly turn into a being of light.«[385]

This fits in with the testimonies of numerous Maya witnesses. They did not only see floating spheres of light on various occasions (often near ancient temples). They also saw how many of these light balls morphed into different types of alien beings (mostly human-looking but also Greys).[386] Like the Lucas, one of the Maya also observed the reverse process: Sky People turned into balls of light.[387] What the Lucas and the Maya have witnessed was

experienced by Suzy Hansen herself: The ET-body of her Grey identity became a small, dense, bright ball of light that could pass through the wall of her house. Later on, she experienced the opposite process of this disintegration: »It's like a projection … the density of the ball takes on matter … becomes matter … spills into the air and forms.«[388] During an encounter with light-beings Suzy Hansen also learnt that these entities »can project and take on different forms, create forms for other dimensions and utilize them for a variety of purposes. Sometimes they appear in a form they simply want us to see«.[389]

Other family members of Betty Luca had also noticed light spheres floating around the house from time to time.[390] On another occasion, a glowing ball the size of a marble shot out of an opening in the alien's suit, floated towards Betty Luca and attached itself to her forehead, whereupon she suddenly became tired.[391]

Lisa also saw big and small red or white balls of light »rolling around« in the house.[392] Jack Weiner also recalls an incident as a teenager with a bright yellow ball of light the size of a beach ball. The object first appeared in front of the kitchen window, then floated into the kitchen and through several rooms of the house, until it finally flew away through the bedroom window.[393] Debbie Jordan's family (including visitors) also had numerous encounters with small white balls of light appearing in the house, rushing about and disappearing again.[394] So far, it is completely unclear what these light balls of different size and color are and how they relate to the UFO phenomenon. However, if alien beings step out of light balls or turn into them this might be a tremendously important clue for the real nature of the whole phenomenon. At least it shows that the extraterrestrial hypothesis alone is not a sufficient approach.

**The tentacle machine**

The above three examples concern experiences that have already been reported many times in this or similar form and are well documented in abduction literature. The situation is completely different with the experience that I will describe now. I had never read or heard a corresponding

description before. Therefore, it can be ruled out that the person concerned might have picked up the information and used it consciously or unconsciously. Let us begin, however, with his report, before I speak about the astonishing twist that this case took.

A young man told me about a typical bedroom visit of the Greys (therefore these figures are also called »bedroom visitors«). A small and a tall Grey entered his bedroom. The following events were consciously experienced by both the young man and his ex-girlfriend, who was pregnant at this time. While the man was telepathically told by the aliens that they had not come for him, he was lying in bed paralyzed with his open eyes staring at the wall. He heard the painful moaning of his partner, who was lying next to him in bed. Somehow, in this frightening situation, he managed to tear himself out of his inability to move and turn to his girlfriend for a moment. What he saw in those few seconds burned deep into his memory. Above his girlfriend a huge black spider-like machine was standing on the bed. Especially the sight of several black arms or tentacles remained in his memory. Intuitively, he suspected that this machine was used for removing fetuses.

I must admit, this disturbing account surprised me. In abduction research, the hybrid breeding program of the Greys is well known, but it was previously assumed that the fetuses of the female abductees would be removed exclusively on board the spaceships.

To the best of my knowledge, a mobile fetus removal machine was not known in research. Nevertheless, I took this report seriously. The young man had demonstrated an unusually strong memory before and I appreciated his probity and reliability.

I asked my American research colleagues whether they had heard anything like this before, without having too much hope to get a positive answer. All the more surprising and fascinating was the feedback I received from a colleague on the same day. He told me about the case of an acquaintance who had seen something to which the young man’s description applied. This woman woke up one night and noticed a strange machine next to her bed. At first, she thought her boyfriend might have bought her a new vacuum cleaner. She fell asleep immediately, and the next time she woke up

the machine was gone. Based on her previous experiences, the woman also suspected that the machine had something to do with the Greys' breeding program and possibly served to remove fetuses. But there is not only the woman's report. She had *drawn* the mysterious machine next to her bed. In her drawing you can see a machine consisting of a kind of box, from the back of which three long, curved, tentacle-like tubes emanate. A fourth black tube is shorter and thicker and seems to come from the bottom of the box. The three long tentacles moved slowly and silently towards the bed.

I showed the young man the drawing. To his horror, the machine depicted on it resembled the object observed during the experience with his ex-girlfriend. He only regretted to have described the machine as spider-like and not as octopus-like.

The description of this bizarre experience contains two aspects that are quite typical in abduction cases and can place a heavy burden on the relationship between (married) partners. Firstly, the young man was not able to help his girlfriend in any way in this traumatic situation. Secondly, in retrospect, he dismissed the events towards his girlfriend as a mere nightmare, although he himself doubted this explanation.

Here again, the frequently observed process of paralyzing a present partner is shown. In the beginning, those affected often try to wake their partner lying next to them in bed without succeeding. For example, Betty Luca tried to wake up her husband when one night a strange light appeared that frightened her.[395] But even though she shook him desperately and yelled at him, her husband simply did not wake up. The same experience is described by Maya Father Felipe, who is a Roman Catholic priest.[396] As a young boy he woke up in the middle of the night and saw flashing lights outside. He tried to wake up his three brothers who slept in the same room with him. But they didn't awaken no matter how hard he tried. In other cases, the other family members or witnesses simply stand or sit with their eyes open as if they were switched off.[397] They can neither perceive nor remember what is happening around them, while the strangers carry out their agenda undisturbed. Likewise, on board the UFO, other abductees are seen who are in the same condition. For example, Karin Fahrnberger describes how, during her abduction, she tried to address two people who were sitting next to her

like frozen with their eyes wide open.[398] Her desperate attempts to make contact with them were unsuccessful. There was no reaction from the other two abductees; they didn't even seem to notice her. Maya witness Tohil made the same experience with other abductees on board a UFO.[399]

Also the aspect of repression in the tentacle machine case is quite typical. It is almost a classic reaction of affected persons to lie back in bed after a contact experience and fall asleep without worrying about the extraordinary event or discussing it with their partner. This raises the question of whether it is a natural protective mechanism of the human psyche or whether the repression is a consequence of posthypnotic commands by the ETs.

# 4 THE PARANORMAL FACTOR

As if it wasn't enough that thousands of people think they have encounters with extraterrestrial beings, a colorful bouquet of paranormal phenomena appears in addition to such ET contacts. This has long been known in abduction research. During the discussion of my cases I had already pointed out the often-observed electromagnetic anomalies, which are closely connected with other poltergeist phenomena and possibly have a similar cause. But that's not all. Experiencers often talk about having discovered telepathic, precognitive (clairvoyant) or other paranormal abilities.[400] Sixty-seven percent of the test persons in a study of one hundred and twenty abductees conducted by psychologist Gerd Höchsmann stated that they had already experienced telepathy, telekinesis, poltergeist activity or other PSI effects.[401] The American psychologist Dr. Iris Maack also found such PSI-consciousness in abductees extraordinarily often and attributed it to a change in the brain of these persons during the abductions.[402]

The prevision of future events occurs primarily in the form of dreams. Thus, the renowned PSI researcher Russell Targ considers precognitive dreams to be the most common paranormal experience of average persons.[403] One experiencer told me how she was even suspected of hit and run because she had foreseen a tragic accident in which there were no witnesses other than the perpetrator. Furthermore, some people seem to have healing abilities and even master telekinesis (psychokinesis), i.e. the ability of the mind to influence matter. According to this, paranormal abilities appear to occur significantly more often in experiencers than in the rest of the population. The women from all eight cases examined by Dr. Turner also reported on supernatural experiences.[404]

One could now speculate about why such paranormal phenomena frequently occur in people with ET contacts. The described electromagnetic anomalies seem to be an energetic consequence of intense emotions resulting

from (unconscious) ET contacts. The abilities of thought transfer and precognition, on the other hand, can probably be explained by the fact that the extraordinary experiences of these people have led to a corresponding awakening and expansion of consciousness. The experiencers seem to access unconscious realms and associated abilities that occur only sporadically and very spontaneously in other people. Although we cannot say much about the mechanisms underlying these capabilities yet, it is clear that the subconscious plays a crucial role. One of these fantastic abilities has already been proven without any doubt. This is the so-called method of remote viewing, which is only known to a small circle of interested people.

I claim that the existence of remote viewing is extremely important in this context. For what reason? First, because the acceptance of this phenomenon offers the possibility to broaden one's horizon of understanding in the same way as it is necessary for the recognition of UFOs and extraterrestrial beings. Put simply, one could ask the provocative question: »Do you think it is more likely that there are UFOs or that a person is able to predict the future?« Most people would probably dismiss both as complete nonsense. It is quite easy to show that they are wrong in at least one point. The existence of remote perception (through time and space) is surprisingly well documented. Second, as shown, there's a strong and complex correlation between both phenomena (UFOs/ETs and ESP/PSI).

Anyone who takes a closer look at the paranormal phenomenon of remote viewing will be surprised by the overwhelming evidence of its existence. There is simply no choice of *not* accepting the reality of remote viewing, no matter how much a person sticks to old dogmas. This insight inevitably brings with it a corresponding expansion of one's own view of the world. Thus, in turn, the chance of finally becoming more open to the topic of extraterrestrial intelligence increases.

We should not be bothered by the fact that the effort required to substantiate and prove the complex UFO/ET matter is considerably greater than that required to prove remote viewing (however, with the UFO matter now being officially acknowledged by the Pentagon, »only« the ET aspect needs to be confirmed).

It is therefore worth taking a brief look at the history of remote viewing to

understand its background. It is not by chance that it reads like an exciting thriller, because it is indeed about a breathtaking excursion into the bizarre world of the intelligence community. An excursion that would be completely unbelievable if we did not clearly know from CIA/DIA documents and insider statements that all this actually happened.

We owe many of these findings to a U.S. law called the Freedom of Information Act (FOIA). Starting in 2004, under the FOIA, the CIA released about twelve thousand documents, consisting of nearly ninety thousand pages, on formerly secret projects, most recently known as *Project Star Gate*. The goal of *Project Star Gate* (previously *Project Grill Flame*) was the exploration and military use of certain psychic capabilities, which the Americans called remote viewing. The Defense Intelligence Agency (DIA) defines remote viewing as follows:

> »Ability of an individual to access and describe remote geographic areas or to access and describe concealed data via undefined transmission mechanisms.«[405]

Research into remote viewing for intelligence purposes began in 1972 when the renowned Stanford Research Institute (SRI), based in Menlo Park, California, was contracted by the CIA. With the help of remote viewing, the CIA hoped to be able to obtain information about distant places, people or events without the use of sensory organs or intelligence sources. This project was financed with more than twenty million dollars and accompanied by scientists from the SRI until it was finally (officially) closed in 1994. It can be seen from the released intelligence documents that some considerable insights have been gained. This is what the summary of the DIA's previously secret *GRILL FLAME PROJECT REPORT* of 19 October 1983 says on page 3:

- Remote viewing is a real phenomenon, and is not degraded by distance or shielding.
- Remote viewing ability can be improved by appropriate training procedures.
- Remote viewing has potential for US intelligence applications. However,

at this stage of development, descriptive content (e.g., sketches, configurations) is more reliable than analytic content (e.g., function, complex technical data).

- A potential threat to US national security exists from foreign achievements in psychoenergetics. In the USSR and in China, this research is well funded and receives high-level government backing. [Note: According to the DIA, »psychoenergetics refers to classes of human capabilities that are parapsychological in nature«. As main categories of psychoenergetics, the DIA defines remote viewing/extrasensory perception (ESP) and psychokinesis, the »mental ability to influence physical or biological systems via undefined physical mechanisms«.]

In addition to the CIA and DIA (together with the SRI), the United States Army Intelligence and Security Command (INSCOM) worked with a slightly different method on the development of a remote viewing protocol.[406] The NSA was also informed about these developments early on and was interested in them, as a *Memorandum for the Record* of 1 September 1981 with the subject »GRILL FLAME Briefing for NSA Scientific Advisory Committee, 28 August 1981« shows. The main goal of the early *Project Grill Flame* was to develop a training method that increases the accuracy of remote viewing data and can be used as a learnable skill.[407]

Already at this early stage, one of the more experienced remote viewers was able to correctly describe five operative goals one after the other.[408] In the following time, the reliability of the remote viewing results could obviously be further increased. For example, the intelligence documents contain the evaluation of a training session of the viewer V372 from 1988, who succeeded in correctly describing about eighty percent of the elements of the target and seventy-one percent of its answers corresponded to the selected target.[409]

V372 is apparently the legendary remote viewer Joseph McMoneagle.[410] This is supported by the fact that the released intelligence document contains two impressively detailed and accurate drawings by McMoneagle that are printed in the book by SRI researcher Russel Targ *The Reality of ESP*.[411] The targets were the Lawrence Livermore Laboratory, a nuclear research facility,

and a wind farm.

Another complex and extremely detailed drawing of a spherical fusion reactor apparently based on laser technology shows that even complicated technical systems can be described by remote viewing.

A second drawing of this target even shows the atomic fusion process taking place inside this sphere. This is most likely a target within the Lawrence Livermore Laboratory, as the Wikipedia article on »Inertial Confinement Fusion (ICF)« suggests. It says:

> »The NIF (National Ignition Facility) is located at the Lawrence Livermore National Laboratory in Livermore, California. 192 high-performance lasers were installed on an area of 20,000 $m^2$, the beams of which converge in a spherical reaction chamber with a diameter of 10 meters.«[412]

The document released under the FOIA also contains the description of an even more amazing target. An unspecified remote viewer describes a small but extremely powerful supercomputer, which is not based on electronic circuits but on light.[413] This miniature photon computer can apparently be launched into space via a rocket and serves as a defense against hostile nuclear missiles.

An undated presentation by the DIA on *Project Star Gate* from the second half of the 1990s shows how helpful insights gained by remote viewing can be in the operative environment.[414] The document, which was only partially released, outlines the successes of the search for the U.S. hostage Lieutenant Colonel Higgins in 1988 and 1989. According to this, remote viewing described the village in which the kidnapped LC Higgins was originally held, the building and its surroundings, including escape routes. These data were essentially consistent with later intelligence findings. The presentation also lists various predictions in connection with the operations *Desert Shield* and *Desert Storm*. According to this, the beginning of the air strikes of the coalition led by the USA was correctly predicted with the date 16 January 1991. Unfavorable weather conditions and the invasion of Iraq by Saudi Arabia were also among the confirmed forecasts.

These examples show that a remote viewer can move not only through

space but also through time.[415] Space and time are therefore no barriers to the ability of remote perception. Physicists speak of non-locality in this respect.[416] Russel Targ describes an attempt by Pat Price, a psychically very talented former police commissioner, to describe the whereabouts of Dr. Puthoff and another colleague who went from the SRI to a marina in San Francisco Bay fifteen miles away. Such attempts to locate target persons were carried out dozens of times at the SRI. The special thing about this case was that Price correctly described the destination half an hour before (!) their arrival.[417] And on other occasions viewers even described the targets before they were selected.[418]

But not only the released intelligence documents prove the existence of remote viewing. The content of these documents is corroborated by corresponding publications of the scientists involved. These include in particular the two physicists at SRI Dr. Harold Puthoff and Russell Targ. As early as 1974, they published an article in the renowned journal *Nature* entitled »Information transmission under conditions of sensory shielding«.[419] The paper discusses the successful experiments at the SRI with the magician Uri Geller and Pat Price. Geller, who was in an electrically shielded room, was able to produce astonishingly similar and even identical sketches of images drawn by experimenters that were located in another room. I will go into these experiments, which are also described in a CIA memo, in more detail later.

Puthoff and Targ also published several books in which they provide insights into their years of research in this field and their cooperation with the intelligence services and the U.S. military. These include, for example, the book *The Reality of ESP*, in which Russell Targ also describes his collaboration with New York-based painter Ingo Swann.[420] Swann was a highly gifted psychic and contributed significantly to the understanding of SRI researchers and the development of a standardized remote viewing training protocol. Not only Ingo Swann, but also some of the former military remote viewers, reported in books about their personal experiences and their time at *Project Star Gate* (including the predecessor projects). These include Joseph McMoneagle, David Morehouse and Lyn Buchanan. Some of these remote viewers of the first hour founded their own institutes or companies

after the (official) closure of the project, where they teach the technique of remote viewing or offer remote viewing services.

Although significant progress has been made in the systematic application of remote viewing, the scientists involved at best have a vague idea of the underlying physical mechanism. They postulate a kind of universal information matrix that can be tapped by the subconscious. The real challenge here is obviously not to build up the connection of the subconscious to the information field, but to transmit the obtained information undistorted from the subconscious to the conscious mind.

The assessment of these researchers that all humans have paranormal abilities, albeit in varying degrees, is consistent with my own observations. Numerous successful tests with my test persons indicate that the ability of remote viewing is quite widespread. It was shown that this ability can be accessed more effectively in the state of trance (deep relaxation).[421]

One reason for this might be that our consciousness is receding into the background in this state. This reduces the problem that remote viewing researchers have called Analytical Overlay (AOL).[422] Our mind tends to analyze, name, and compare our perceptions with memories. Thus, the pure transmission of information can be falsified. In a trance state, on the other hand, a more direct contact with the subconscious is possible. Accordingly, the alpha wave state of the brain during deep relaxation seems to have a positive influence on the psychic ability of remote viewing.

I had already pointed out that U.S. intelligence services were primarily concerned with developing an effective, learnable technique of remote perception. In this sense, among the thousands of intelligence documents, there is also a kind of manual that describes in detail various training and development stages: *Coordinate Remote Viewing. Stages I-IV and Beyond. February 1985*.[423] At Coordinate Remote Viewing, the viewer is only told a series of numbers (coordinates), which are linked to the target by mentally assigning these numbers to it in advance. This can be done, for example, by placing a photo or description of the target in a sealed envelope and noting down any sequence of numbers on it. This is done to give the viewer as little information as possible about the selected target, so that he only receives unfiltered data about the target on an unconscious level. If the target were

known in advance, there would be a risk that the viewer's consciousness allows memories and fantasies to flow in, which could lead to a complete distortion of extrasensory perceptions.

During training, the viewer starts with a rough description of the basic properties of the target object (e.g., artificial or natural, major gestalt of the object such as land, water, mountain, artificial structure).

At the second stage, sensory properties such as color, smell, temperature and tactile sensations such as surface structure are queried. Accompanied by corresponding sketches drawn by him, the viewer thus mentally approaches the target object. All this has long been publicly known in remote viewing circles.

Detailed descriptions of this training method can be found in textbooks such as *Remote Viewing. The Complete User's Manual for Coordinate Remote Viewing* by David Morehouse. I can only recommend to every reader to playfully experiment, alone or with friends and acquaintances, with this amazing ability.

The manual for military remote viewers mentioned above is also interesting for another reason. It contains considerations of the author regarding higher, (at that time) not yet fathomed developmental stages, which are based on his previous experiences with the remote viewing program and on discussions with colleagues.[424] Thus, the author suspects that not only – as already practiced – the emotional state of the target person can be determined, but also a direct telepathic connection can be established. This involves receiving telepathic signals from the target region, but also transmitting them there. At the next level, a psychoenergetic interaction should take place not only with persons but also with objects (psychokinesis). The author sees another, even more futuristic element in the possibility of so-called teleportation: Objects are mentally removed from the target area or transported to the site.

In 2016, physicist and UFO researcher Illobrand von Ludwiger and biologist Dr. Michael Nahm published an article in the *Journal of Scientific Exploration* on the so-called apport phenomenon, i.e. the sudden materialization of objects, in which they describe and evaluate von Ludwiger's personal experiences with the medium Herbert Baumann.[425] Also

in his book *Ergebnisse aus 40 Jahren UFO-Forschung* (Results from 40 years of UFO research) von Ludwiger discusses this phenomenon.[426]

But that's not all. The speculations of the author of the CIA manual go even further: the ultimate stage of remote viewing could be altering dimensionality at the site which is supposed to include influencing the time (past, present and future) of the target area and the discovery of additional dimensions.

Surprisingly, these are elements that, as we have seen, can be found again and again in connection with ET contact experiences. Unfortunately, we do not know how far the U.S. military has progressed in its remote viewing efforts in the thirty-five years since these considerations were put on paper. At least remote influencing of target persons seems to have been practiced at that time, as can be seen from the hints of ex-military remote viewers. Even though *Project Star Gate* was officially closed, a secret continuation of remote viewing activities by the military and intelligence services cannot be ruled out.[427]

The formerly secret CIA and DIA documents are now freely accessible. The same applies for publications of scientists and remote viewers who were active in these projects. The realization that humans have the mental ability to access information independent of time and space is of tremendous significance. With our current physical and biological knowledge this ability cannot be explained. Thus, one might wonder why these things are known only to a small circle of interested people and have never been adequately taken up by the media or mainstream science. Finally, one should think that the public has a right to be informed about all this.

Only one example will be enough to demonstrate how German media missed their chance to fulfil their duty of providing information in this matter. The *Frankfurter Allgemeine Zeitung* (major German newspaper) of 21 January 2017 published an article entitled »Eindeutig Paranormal« (Clearly paranormal) on the online publication of thousands of documents by the CIA, in particular concerning *Project Star Gate*. The author focuses on the PSI-tests conducted with Uri Geller in the period from 4 to 11 August 1973. With regard to the correct reproduction of a grapevine and a firecracker, which Geller interprets as a cylinder emitting noise, the author admits that the tests

began »promisingly« on the first day. She then describes the failures on the following two days, while things went »better« on the last day. Instead of a camel, bridge and seagull, Geller drew »a horse, curved lines over straight lines with rectangles underneath and a swan«. The author seems to be particularly disturbed by the scientists' attempts to explain Geller's failures. What began as a promising, objective article ends like this:

> »When you read the CIA protocols, there's no question that we humans do have incredible abilities. Only through our mental abilities can we melt the hard facts of our world into an amazingly malleable mass of interpretation. We just have to firmly enough believe in it.«

The author's conclusion, dressed in seemingly clever words, is that the CIA and the scientists involved used their flourishing imagination to attest Geller paranormal perceptual abilities, where in reality nothing had been proven. When I read this devastating – but certainly expected – conclusion, I wondered whether her conflicting dogmas had prevented objective reporting or whether the author simply could not grasp the significance of the positive experiments. After all, there was more than one convincing hit in the test series. If one looks at the respective drawings of the experimenter and Geller of »camel/horse« and »seagull/swan«, for example, the similarities cannot be overlooked. That Geller also correctly reproduced a paper dragon and an arrow remains unmentioned by the way.

But even if you leave all this aside and look only at the experiment with the grapevine as target, the bottom line is as follows: 1) One man draws a grapevine with twenty-four grapes. 2) Another man, spatially separated from this man and electrically shielded, is asked to reproduce the drawing of the first man. He *also* draws a grapevine with twenty-four grapes. How can the author claim that this achievement is insignificant and is not suitable as evidence for paranormal perception? How else may such a process be explained if – which the author does not assert – deliberate fraud can be ruled out?

These results can hardly be classified as mere coincidence. If, however, the author nevertheless suggests to the reader that the scientists would

interpret hard facts in their favor at will, then the author obviously lacks – for whatever reason – the objectivity necessary for conscientious reporting. By the way, the author also fails to mention that a scientific article about these very experiments with Uri Geller was published in the renowned peer-review journal *Nature* (Vol. 251 of 18 October 1974); perhaps she was not even aware of this.

Unfortunately, such unobjective reporting in the media is (or was) not uncommon. Especially not when it came to the even more delicate taboo subject of UFOs.

At least, the Pentagon's disclosure campaign led to a 180-degree change of direction in the media coverage of this topic. Now, it is suddenly okay to confirm the reality of UFOs in front page articles.

In this chapter we have become acquainted with various paranormal abilities that many people would hardly consider possible. Obviously, our physical view of the world is currently still too limited to explain such phenomena. Exploring this (publicly) should be a primary concern of humanity. The significance of these phenomena goes much further than the trivial possibility of remote viewing intelligence-relevant data.

UFOs themselves or their propulsion system can possibly be explained by the physics underlying these paranormal phenomena. For example, the experienced UFO researcher Grant Cameron assumes that the solution of the UFO problem is connected to the idea of a nonlocal consciousness.[428] He gives three examples of this: (1) In the aforementioned memo by Wilbert B. Smith, director of the Canadian UFO research program *Project Magnet*, the UFO phenomenon is associated with mental phenomena. (2) A former defense official and later president of Penn State University told Cameron and others in 1991 that ESP was a key to understanding the UFO phenomenon. (3) Likewise, Ben Rich, former head of Skunk Works (Lockheed Martin's legendary research and design department, which develops secret aircraft projects on behalf of the U.S. military), is said to have explained that the mechanisms underlying ESP also explain the propulsion of UFOs. Engineer Jan Harzan, former Executive Director of MUFON, the world's largest UFO research organization, reports on a meeting with Ben Rich during a presentation about his work at Lockheed Skunk Works.[429] Ben

Rich ended the lecture – to the astonishment of the audience – not only with the picture of a flying saucer, but also with the words: »We now have the technology to take ET home.«

When Harzan asked him about the propulsion of the interstellar flying objects, Rich asked him the counter-question: »How does ESP work?«, whereupon Harzan replied: »All points in time and space are connected.« Ben Rich commented on Harzan's answer with the words: »That's how it works!«

Experiencer Joe's statements also suggest that the unusual properties of UFOs are related to the idea of a non-local consciousness outside the constraints of time and space. According to this, time and space are not a problem; a journey through space takes place »if you only think yourself there«.[430] The description of the flight process that Jujuolui Kuita received from a Grey sounds astonishingly similar: »No, you're not traveling; you go from point A to B, there's no transition« and she adds: »You kind of ›blink‹ from place to place, it's all mental.«[431] This in turn fits in with the answer Dolores Cannon received in a channeling from an alien to the question of how he travels through the universe:

> »I travel by thought.«[432]

And another being gave her the following explanation of how to physically bridge great distances in space:

> »Also there is simply the mental adjustment that allows that energy in the control of those who are commanding this ship to simply do as is told. That is, as in thought transference. You need only place yourself mentally in one area to be there. As your awareness and understanding of your realities expands, you shall see that your mental power can have a direct influence on those physical objects around you.«[433]

# 5 THE MAYA-ET CONNECTION

As we have seen in Chapter 1, the evidence for the reality of the UFO phenomenon is simply overwhelming. It has also been argued that the so-called extraterrestrial hypothesis is the most likely approach to explain the many thousands of UFO sightings.

However, as demonstrated by the paranormal factor (Chapter 4), it is obvious that the extraterrestrial hypothesis alone is not potent enough to explain all aspects of the overall phenomenon (we could call this approach the »Extended Extraterrestrial Hypothesis«). Chapter 2 then presented the abduction phenomenon, while Chapter 3 showed that ET abduction cases also occur in German-speaking countries. As innumerable reports from those affected show, one motive for ET abductions seems to be the implementation of a genetic project. The aim of this program is to create a hybrid species consisting of both human and alien genetic material.

In this context, it is important that the abduction accounts indicate certain stages of development in this program. Thus, there seems to be an evolution from lethargic hybrid beings that were hardly viable in their beginnings to a kind of optimized creation that has more and more human characteristics, at least outwardly.[434] Professor David Jacobs explains this development process within the Greys' genetics project as follows:

> »Although it is not known how many stages of hybridization exist, the evidence suggests that overall development should culminate in the creation of hybrids that look and behave like humans, but are additionally endowed with the ability of aliens to manipulate other humans.«[435]

Professor Jacobs's observation is supported by numerous accounts of abductees that have seen human-looking children aboard spaceships. For example, Regina Köhler remembers how she was led into a large room with

human-looking children playing together in groups.[436] It can be assumed that this development is the result of successive interventions in the genetics of the hybrid breed. As we will soon see, such a process has been reported in the history of mankind before. For this, we must now turn to the ancient culture of the Maya.

The Mayan habitat stretched from southern Mexico and the Yucatán peninsula via Belize and Guatemala to the adjacent western and northern areas of Honduras and El Salvador. The mother culture of Mesoamerica, which had a great influence on the Maya, are the so-called Olmecs. The Olmecs are a mysterious culture about which we know little. One of these mysteries is a legacy of the Olmecs in the form of colossal basalt stone heads, some of which weigh more than twenty tons. The amazing thing about the helmeted heads – apart from their impressive size – are the African-looking facial features. These differ, above all, with regard to the mouth and nose-part clearly from the typical characteristics of the indigenous natives of Central America. One wonders who could have inspired the artists of these sculptures. After all, they come from a time when, according to our history books, there had not yet been any contact between the inhabitants of the African and Central American continents. Each of these colossal heads is – despite the common features – individually designed. They are therefore said not to be abstract representations of a deity but portraits of powerful, actually existing personalities.[437] Also the origins of the calendar system of the Maya come from the Olmecs.

Later, the Maya themselves became the creators of impressive buildings. Some monumental Mayan pyramids date back to centuries before our time.[438] Since increasing success has been achieved in the deciphering of the Mayan script and symbols – called glyphs – some knowledge about this culture has already been gained. However, the researchers have to be content with only few preserved documents as well as the inscriptions on the Mayan buildings and the columnar stone steles. The Spanish conquerors and missionaries destroyed for all time the remaining knowledge of the Maya, recorded in numerous writings. Nevertheless, it is clear today that the Maya possessed an impressive knowledge of mathematics, astronomy and architecture.

An obvious evidence for this is the pyramid of Kukulkan. This pyramid is dedicated to a Mayan ruler worshipped as a deity, who bears the title Quetzalcoatl – Feathered Serpent – in the language of the Aztecs (Náhuatl). The mighty pyramid stands in the city of Chichén Itzá in the north of the Yucatán peninsula. The astonishing precision of this structure is revealed on the equinox days, which fall on about 21 March and 23 September. The huge pyramid of the snake god Kukulkan is arranged in such a way that exactly on these days an impressive spectacle can be seen on its facade. Then, on the outside of one of the staircases a shadow like a snake crawls down from the top platform to the ground. Here the snake body unites with the sculpture of a large snake head at the foot of the pyramid.[439]

But the pyramid of Kukulkan contains still another secret. Together with the feathered snake crawling down, the builders have left us not only a visual but also an acoustic message. This mystery was investigated by the acoustics expert David Lubman, who kindly made his work available to me. If you are in front of one of the large staircases of the pyramid and make a loud noise – for example by clapping your hands – you will hear a very surprising echo: The sound thrown back by the pyramid reminds of the chirping of the holy quetzal bird.[440]

The similarity between the chirping echo and the actual chirping of a quetzal is not based on imagination. The graphic representation of the respective frequency pattern of echo and bird sound (sonogram or sound spectrogram) shows an absolutely astonishing match. David Lubman could explain this effect with the reflection of the sound waves from the step surfaces and presented a mathematical model.[441] The dimensions of the steps required for this (26.4 cm high and 26.2 cm deep), he assumes, are the reason for the unsuitable height and length ratio of the individual steps from an ergonomic point of view. While archaeologists try to explain the narrow step width with the small body size of the Maya living at that time, Lubman’s physical explanation seems far more convincing.

In addition to these skills and knowledge, the Maya had even deeper insights into the cosmos. This applies, for example, to their understanding of the nature of time. The Maya did not have a linear idea of time, but rather a cyclical one. The two renowned Maya researchers Linda Schele and David

Freidel write that the Maya did not regard the customs on the cyclically recurring holidays as a reminder of the past but as a reactualization, »as a repetition of events that had once taken place on this particular day and still took place and would always take place«.[442] The important Mayan researcher Eric Thompson could not make sense of it and wrote:

> »There are other aspects to the Mayan philosophy of time, such as the strange inability to distinguish between past and future in the prophetic chants. What had preceded and what lay in the future was mixed in a way that seems amazingly alien to our Western minds.«[443]

Thompson was probably not very familiar with Albert Einstein's Special Theory of Relativity of 1905, which revolutionized our understanding of time and space forever. Finally, Einstein taught us that not only does the simultaneity of events depend on the observer's point of view, but that time itself is not absolute. From this it follows – in the spirit of the Maya – that words such as »simultaneously«, »sooner« or »later« do not have the absolute meaning that we ascribe to them on the basis of our everyday experience. The physicist and bestselling author Brian Greene describes it this way:

> »Although the concept of now plays a central role in our worldview, the theory of relativity once again undermines our intuition and proclaims equality in the universe, with the result that every moment is as real as any other.«[444]

Thus, the classical distinction between past, present and future becomes blurred even according to our modern physical conception of time. Albert Einstein himself expressed this as follows:

> »Past, present and future are only illusions, albeit stubborn ones.«[445]

This time concept also fits very well with the statement of an experiencer, who during a hypnosis session was apparently connected to a non-physical, highly developed consciousness collective. When I asked her about the true

nature of time, she or the spiritual being answered:

> »Everything happens at once!«

The being also told me that I could be in my past and my future at the same time. All this fits wonderfully to what the aliens told Betty Luca about the essence of time:[446] Accordingly, our concept of time (as well as place) is localized. However, time, as we understand it, does not exist. Rather, the human concept of time is illusory. For the aliens, on the other hand, the future and the past are the same as today: ALL IS NOW!

The old Maya were therefore at least one and a half millennia ahead of us with their knowledge of time. The question therefore arises as to whether the Maya do not have even more valuable findings in store for us. Here we should take a look at their history of creation. The most important source for understanding the story of creation handed down by the Maya is the legendary *Popol Vuh*, the »Book of the Council«.

The Maya researchers Linda Schele and Mary Ellen Miller write about the origin of the *Popol Vuh*:

> »None of the Mayan hieroglyphic books with their long mythical tales survived, but one was transcribed into European script by a young member of the Quiché nobility in Guatemala in the mid-16th century. This one, highly significant document of Mayan mythology, the *Popol Vuh*, describes the creation of the world […].«[447]

It follows from the *Popol Vuh* that the gods intended to create a human creature.[448] The gods first tried to achieve this goal by creating animals. But instead of a recognizable language, the animals made merely screeching, roaring and croaking sounds, and could not pronounce the names of their gods. Disappointed, they punished the animals by deciding that their meat should serve as food from now on. In a second attempt, the gods then formed the flesh of the human being from earth and clay. But the flesh was without cohesion, soft and flabby. The creature could not move its head, it was gifted with voice, but without insight. Already somewhat impatient, the gods stated:

»The more one works on him, the less he is able to walk and multiply. Shall rather a rational being have come into being here.« After the gods had destroyed their unsuitable work again, they dared a third attempt. This time they made human dolls out of wood. These ponderous people were able to multiply but had neither soul nor intellect and did not speak of their creators. Once again disappointed, the gods also destroyed this creation by a great flood. But the gods did not give up and finally created the first four people by making their flesh out of corn.

Today's Maya consider themselves descendants of these people from corn. This is why maize still plays a sacred role in Mayan culture today.

If we take a factual look at what is described here about the history of man's creation in the *Popol Vuh*, then this is what we learn: The gods had the plan to create a human being. According to this tradition, the gods did not succeed in this at the first try. Rather, they needed a total of four attempts to create today's man.

And each time it was about changing certain physical or mental abilities of these creatures or optimizing them according to the ideas of the gods. Judged by our current understanding of biology, such changes in the properties of a living being are only possible by altering its genetic structure. Just as we, again and again, genetically modify a maize variety to make it more resistant to certain pests or herbicides, the gods seem to have proceeded with their work on human beings in the same manner.

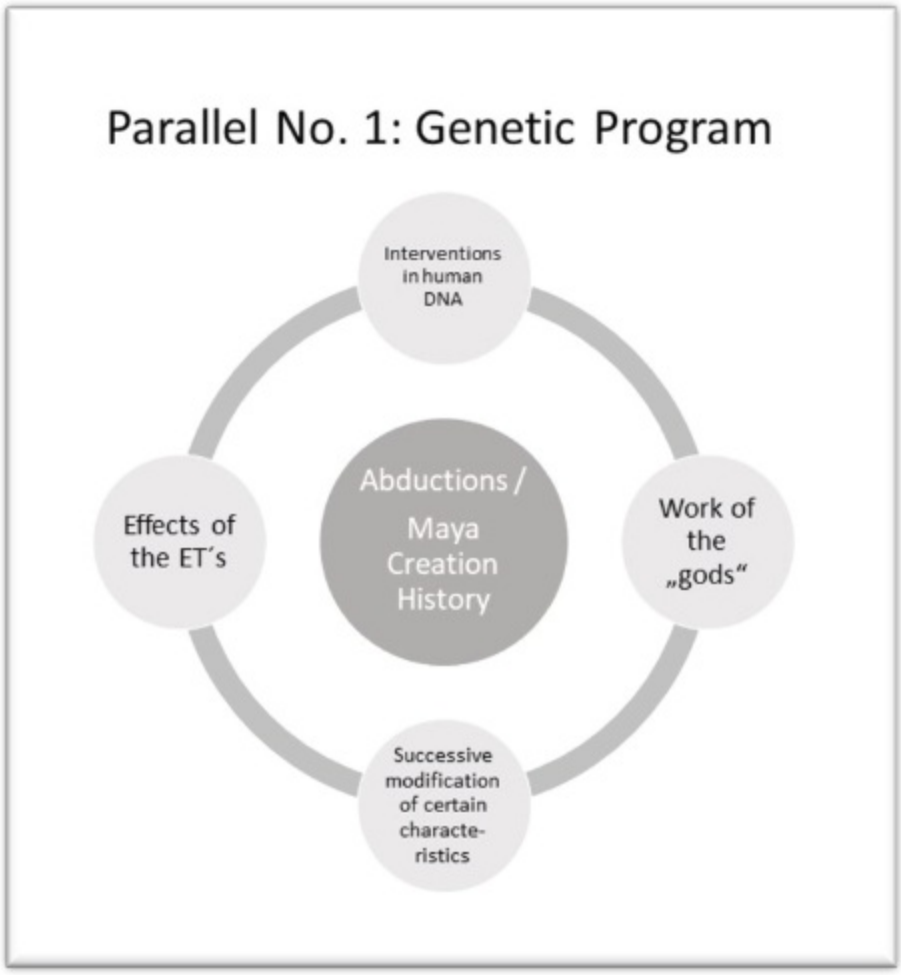
From a modern perspective, the attempts of the gods described in the *Popol Vuh* can only be understood as successive interventions in human DNA.

First of all, it is remarkable that the Maya do not present their gods as omnipotent. Rather they describe – quite in detail in comparison to the biblical story of creation – a quite laborious process. This demanded a lot of patience from the gods in order to finally create the perfect human being. An almighty God looks different. He would have simply put the human creature on Earth without having to optimize its properties several times. The bottom line is that the *Popol Vuh* describes powerful alien beings, called gods, who created today's mankind as part of a long-term genetic project.

Now, one could dismiss these ancient traditions as the fantasy product of

primitive people. But this would be a very arbitrary approach. Finally, we respect the ancient Maya for their amazing mathematical, astronomical and architectural abilities. Why should we then have the right to push aside their traditional knowledge of creation as irrelevant? In addition, there is another aspect that is downright dramatic: *We are now experiencing what the Maya describe here, disclosed by thousands of abduction cases occurring worldwide*.

Thus, when we compare these facts, we come to a surprising conclusion: there is a striking parallel between the abduction phenomenon and the history of the Maya.


Parallel No. 1: Genetic Program
Interventions in human DNA
Work of the „gods“
Successive modification of certain characte-ristics
Effects of the ET´s
Abductions / Maya Creation History

What we observe today in the context of abduction research seems to have already occurred in our past. The alien genetic project was carried out thousands of years ago (by the same ET species or another). The process

seems to be the following, as shown in the *Popol Vuh*: First, a human race is created.

In the following time, the creators closely monitor how this species proves itself. If there are deficits, certain physical or mental characteristics are altered by specific genetic interventions.

According to the creation history of the Maya, these optimizing interventions happened several times. In Dr. Karla Turner's book *Taken* I came across a report that exactly confirms this scenario. Dr. Turner, who herself had several ET contacts, describes how a biblical scene with Isaac, Esau and Jacob was shown to her by the strangers and explained in detail. As a result, this lesson served to teach her that there was an original human species on planet Earth and that the extraterrestrials, through genetic manipulation, created a new species to replace the old one.[449]

With regard to the current abduction phenomenon, Dr. Turner continues:

> »At present, the aliens are once again genetically manipulating our species, trying again to produce a variant that will better serve their purposes and replace us.«[450]

The aliens also told Angy that they had created man, and they told Lisa that they had altered our species.[451] The ETs' corroborating hints from abduction literature are thus further proof for the reliability of the Mayan story of creation.

But that's not all. There is another connection between current knowledge and the Mayan history of creation. This connection underlines once again the authenticity of the old traditions and suggests that we can take some descriptions of the *Popol Vuh* quite literally.

In the previous chapter I reported in detail about the efforts and successes of the U.S. intelligence community and military in remote viewing. Accordingly, these circles regard remote viewing as a real phenomenon that is neither weakened by distance nor by shielding.

In addition, the ability of remote viewing can be improved by suitable training procedures. I further discussed that a remote viewer can move not only within space but also within time back and forth. In this sense, Joseph

McMonaegle writes:

> »I am sure that time and space in their entirety are illusions […].«[452]

and David Morehouse says:

> »In this context, there is no element of time and distance, as all exists in the quantum-physics language of omnipresent waveform.«[453]

As we have now seen, this understanding of time corresponds very well with that of the old Maya. Even more amazing, however, is a fascinating link between our modern knowledge of the ability of remote viewing and the millennia-old traditions of the Maya. As just described, the gods, according to the *Popol Vuh*, created today's man in several steps. It was not until the fourth attempt that the first four people finally emerged, after the gods had formed their flesh from corn. The outstanding abilities of these creatures and the reaction of the gods to these skills of the first humans are hardly noticed by Maya research.

The *Popol Vuh* says about this:

> »Everything they saw, everything they knew, anything under heaven, as soon as they looked; immediately their gaze penetrated here and there, into the innermost of the heaven, into the innermost of the Earth. The most hidden things they saw as a whole, without moving at all.«[454]

The gods were worried about this, and before humans would come up with the idea of comparing themselves with the gods, they made a plan:

> »Only the near shall open to their eyes, only little shall they see from the surface of the Earth.«[455]

Thus, the gods worked again on their creature.

The *Popol Vuh* says about this:

> »Then the heart of heaven blew upon their eyes, which blurred as if one breathed on the surface of a mirror. Their eyes blurred, they only saw what was close, only that was clear to them. Thus, their wisdom was destroyed along with the supernatural mind of the four men, their origin and beginning.«[456]

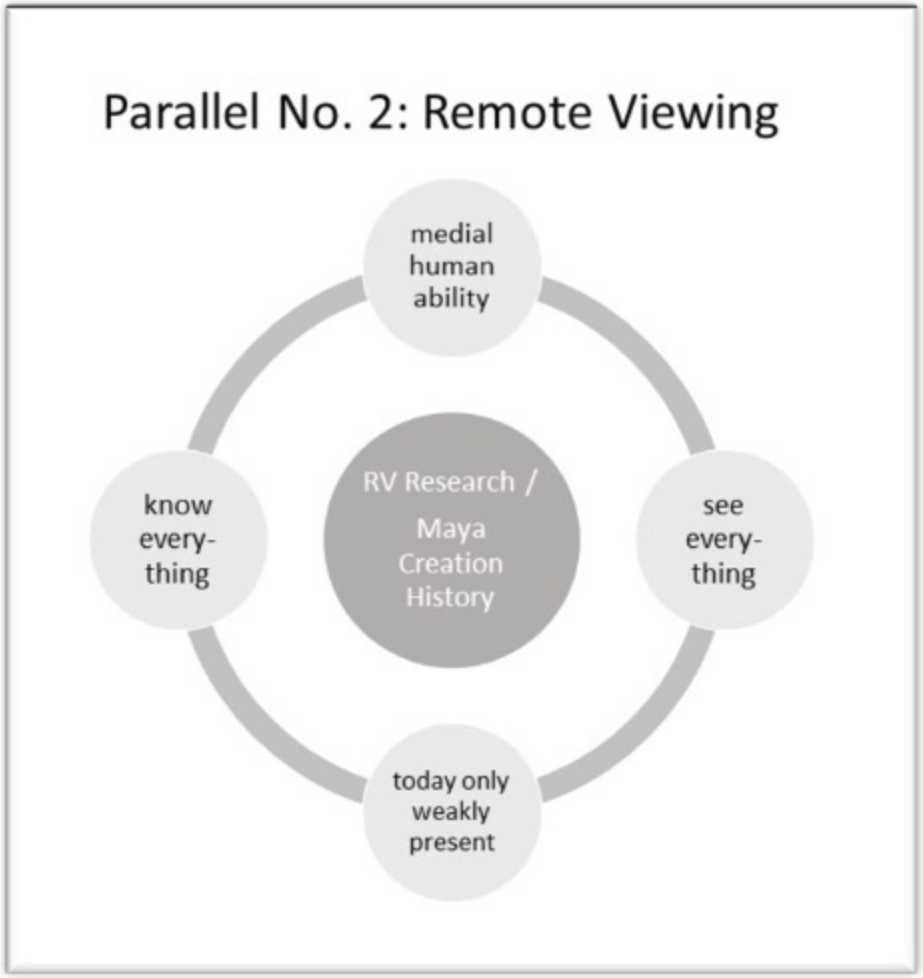
The described abilities of the first humans seem to remind us of the technical possibilities of our modern civilization. Today, for example, thanks to our space telescopes, we are also able to see into the »innermost of the heaven«. However, it is not necessary to resort to such technical achievements in order to give meaning to the descriptions of the *Popol Vuh*. Since the 1970s, we have learnt that humans have the ability of remote viewing.

A remote viewer can see the world without being subjected to the limitations of space and time. He can therefore describe a place in the depths of the universe as well as a place in the interior of the Earth. Nothing is hidden from his gaze. And he perceives all this from his workplace without having to physically move out into the world. If we thus take the Maya representation of the abilities of the first humans literally – without any interpretation – we see a description before us that essentially corresponds to the remote viewing definition of the DIA in the report of 19 October 1983:

| **Maya** | **DIA** |
|---|---|
| »Everything they saw, everything they knew, anything under heaven, as soon as they looked; immediately their gaze penetrated here and there, into the innermost of the heaven, into the innermost of the Earth. The most hidden things they saw as a whole, without moving at all.« | »Ability of an individual to access and describe remote geographic areas or to access and describe concealed data via undefined transmission mechanisms.« |

Now we can understand what happened, according to the creation story, after the first four people were created from corn. The gods found out that humans had powerful abilities, a »supernatural mind«. This worried them, and so they

deprived people of the remote viewing ability; they only left them with visual perception through their eyes. Thus, people saw from now on »only the near«.

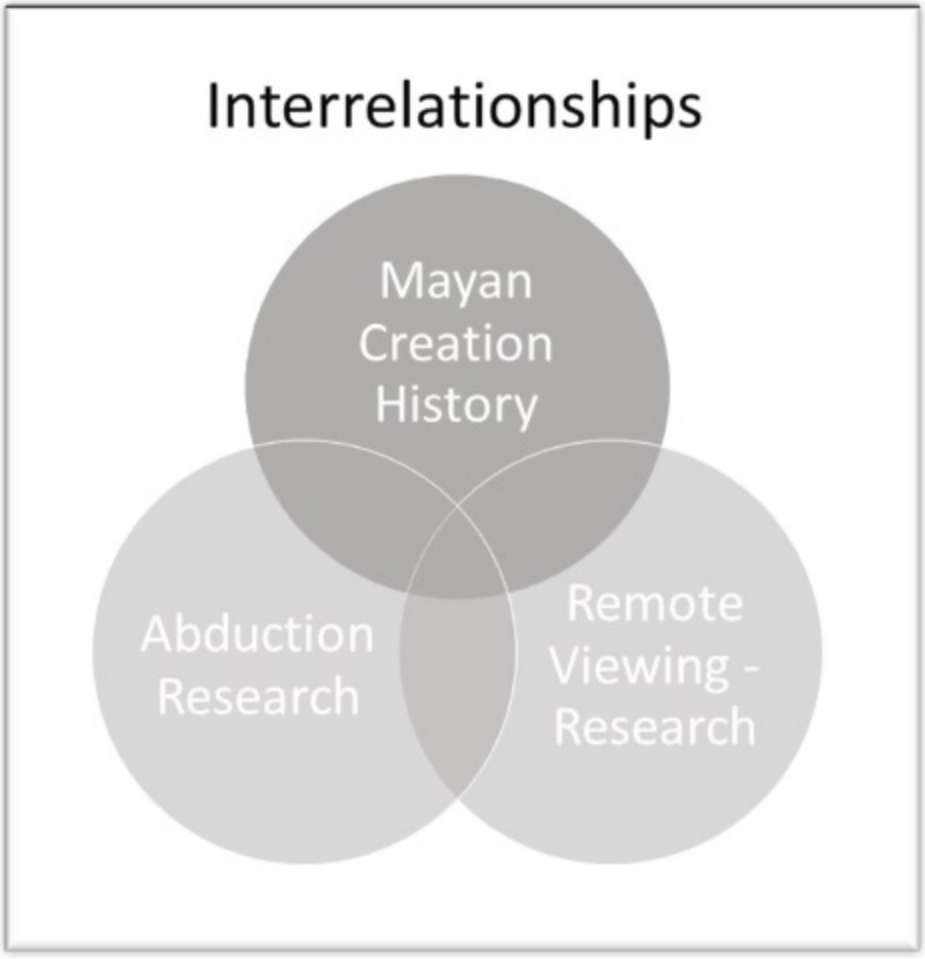



A literal interpretation of the *Popol Vuh* thus leads to the conclusion that the first humans initially had unrestricted remote viewing capabilities but that these were subsequently eliminated or »blurred«. Accordingly, remote viewing would have been a typical human characteristic at an earlier point in human history. This would confirm the assumption of remote viewing researchers that remote viewing is a capability that is basically present in every human being.[457] This is supported by my ESP research: Almost all candidates were able to achieve clear results although the group of test persons was quite small.

We have seen before how the renowned Maya researcher Eric Thompson

was wrong about the time concept of the Maya. This error was based on the fact that Thompson was evidently not familiar with Einstein's physical concept of time. Neither can a Maya researcher without knowledge of remote viewing understand the text passage in *Popol Vuh* that deals with the outstanding abilities of the first humans. He will then believe that this is a prosaic description of fantastic superpowers. Instead, however, remote viewing research confirms that the Mayan creation story can be understood literally in this respect.

Likewise, a Maya researcher will not know anything about the fact that thousands of abduction cases indicate a genetic breeding program of powerful alien beings. If one knows this, however, the parallel to the Mayan history of creation is obvious here as well.




As a result, we can draw the following conclusion: There are revealing

and significant interrelations between (1) our current understanding of remote viewing and the abduction phenomenon and (2) the millennia-old traditions of the Maya. The ability of remote viewing, as recently researched by the CIA, is already described in detail in the Mayan creation story. This supports the scientists' assumption that psychic perception is a natural human trait. But what is even more important: by rediscovering this ability, the old traditions gain an unexpected confirmation of the reality and truth of their content.

All this applies in the same way to the genetic breeding program of the strangers, or gods. It is a project that has been carried out then and now.

Both Maya research and UFO research will have to appreciate these links. With all the consequences that this has for the history of mankind.

# 6 FREE

## BACKGROUND, OBJECTIVES AND RESEARCH ACTIVITIES

In July 2015, the non-profit research organization Foundation for Research into Extraterrestrial Encounters (FREE) was founded under unusual circumstances.[458] One of the co-founders of FREE was Dr. Edgar Mitchell, who was not only an Apollo astronaut and the sixth man on the moon but has unswervingly committed himself to the recognition of the UFO phenomenon and research into human consciousness. After his death in February 2016, FREE was renamed *Dr. Edgar Mitchell Foundation for Research into Extraterrestrial and Extraordinary Encounters* in order to acknowledge this man's outstanding achievements. Further co-founders were the emeritus astronomer at the Harvard-Smithsonian Center for Astrophysics Dr. Rudy Schild (who also contributed to Suzy Hansen's book *The Dual Soul Connection*), the Australian researcher of ET contact Mary Rodwell and the attorney Reinero »Rey« Hernandez, who himself has ET contact experiences.[459] At the time I worked in FREE's Research Committee, the following members, together with the co-founders, belonged to the FREE Board of Directors (as of July 2019):

- **Kathleen Marden**: long-time ET contact researcher (Director of MUFON's Experiencer Research Group) and niece of Betty Hill.
- **Dr. Leo Sprinkle**: emeritus professor of psychology at the University of Wyoming and a pioneer of abduction research since the mid-1960s.
- **Dr. Jon Klimo**: Professor at The American Schools of Professional Psychology at Argosy University, North Virginia, and author of numerous publications in the field of parapsychology (in particular channeling) and consciousness research.
- **Giorgio Piacenza**: long-time Peruvian UFO researcher and civil advisor to OIFAA, Peru's Air Force's Department of Investigation of

Anomalous Aerial Phenomena (now DIFAA).

- **Dr. Dean Radin**: Chief Scientist at the Institute of Noetic Sciences and Associated Distinguished Professor at the California Institute of Integral Studies.
- **Dr. Claude Swanson**: Physicist (educated at MIT and Princeton University), who has worked at the MIT Science Teaching Center, Brookhaven National Laboratory and the Virginia cyclotron.

As an interdisciplinary and international association of scientists, researchers and experiencers, FREE has conducted a multinational study.

The aim of this anonymous survey was to collect cross-national statistical data for the study of physical and/or non-physical contact experiences with non-human intelligence (whether UFO-related or not), including related paranormal phenomena. The researchers at FREE focused on the question of »What is consciousness?« and assumed that ET contact experiences and other (paranormal) phenomena such as near-death experiences, out-of-body experiences and remote viewing can be explained by a unified physical theory.

A solution could be provided by the Quantum Hologram Theory of Consciousness (QHTC), established by FREE co-founders Dr. Mitchell and Dr. Schild. Details on the QHTC, consciousness and the underlying quantum physics principles can be found in Chapters 4 and 5 of the FREE-book *Beyond UFOs. The Science of Consciousness and Contact with Non Human Intelligence* by Dr. Mitchell and Dr. Schild. This approach does not regard the aforementioned and other phenomena as separate, but as parts of an interrelated phenomenon against the backdrop of a multidimensional quantum hologram.

In holography, an object is irradiated with coherent light that is scattered and reflected at the object’s surface and superimposed with the incoming laser light. The resulting interference pattern of the light waves is captured on a photo plate. If the photo plate is then irradiated with appropriate light, the diffraction of the light at the recorded interference pattern results in a three-dimensional reconstruction of the original object. Regarding this mechanism, well known ex-military remote viewer David Morehouse writes:

> »When you shine a light on a hologram, the information that is stored as an interference pattern takes the incoming light and recreates the original optical wave front that was reflected off the object. Your eyes and brain now perceive the object as being in front of you once again. What is crucial to know is that any piece of a hologram, even the slightest fraction of it, contains all the necessary coding to produce the entire image.«[460]

David Morehouse then describes the concept of a holographic matrix field in which – at any location – all information is present in wave form.[461] Other scientists such as the Nobel Prize winner and physicist Dennis Gabor, the physicist and mathematician David Bohm and the neuroscientist Karl Pribam have also developed holographic models that try to explain human perception. They hypothesized that the human brain functions similarly to a hologram and in accordance with quantum mathematical principles. Even though the basic idea of a holographic model enjoys great popularity among a number of renowned scientists, it remains to be seen whether physicists will succeed in developing from this a stringent mathematical formalism that can actually explain the observed phenomena. After all, the theory of German physicist Burkhard Heim could also bring the decisive breakthrough to a new physical understanding of the world.[462]

The multinational study carried out by FREE is available in English, Spanish, German, French, Slovak and Chinese and served to collect solid data as basis for a corresponding physical theory. The 554 questions cover a wide range of phenomena related to ET contact experiences.

Only consciously remembered information of experiencers is accepted, no memories from hypnosis regressions, lucid dreams, channeling or other changed states of consciousness. The study is divided into the following subject areas:

(a) family history of the contact;
(b) contact experience;
(c) nature of non-human intelligence;
(d) information received from non-human intelligence;

(e) physical experiences as a result of contact with non-human intelligence; and

(f) psychological aspects of the contact experience.

In addition to observations of UFOs and their crews, the questions address numerous processes and aspects that are frequently encountered in the context of ET contact experiences. That includes, inter alia:

- Typical indications of abduction experiences such as body features, loss of time, waking up in an unusual sleeping position.
- Paranormal phenomena such as telepathy, precognition, unidentifiable sounds, electromagnetic anomalies, etc.
- Other family members that are affected.
- Impact of the experience on attitudes towards life, environmental awareness, living together, etc.
- Anomalies in childhood.
- Out-of-body and near-death experiences.

At the end of this chapter, an excerpt of the questions is presented to illustrate the wide range of physical, psychological, religious, spiritual, and other aspects of the ET contact phenomenon. The English-language study is divided into a total of four phases, consisting of two quantitative and two qualitative instruments: Phases 1 and 2 include about five hundred and fifty multiple-choice questions, phase 3 requires written answers to over seventy open questions, and phase 4 involves structured interviews with selected participants. For the German version of the study, which I co-chaired as a member of the FREE Research Committee, Phases 1 and 2 were consolidated into approximately five hundred questions.

More than three thousand people have taken part in phase 1 (= 3,256) and almost two thousand in phase 2 (= 1,919) of the English-language study (although not every participant has always answered all the questions of each phase); there are around three hundred and thirty participants in the German study to date. Participation in the German version of the FREE study is possible online at https://www.surveymonkey.com/r/HYVM268.

As this is an anonymous study, false data entries can naturally be

expected. The reliability of the data collected must ultimately stem from the large number of participants and the cross-country statistical comparisons. Below are some of the preliminary results of the English-language study (as of April 2017):

- 70% (= 2,279) of the participants stated that their life changed in a positive way as a result of their contact experiences.[463]
- 15 to 20% describe a negative impact of the contact experiences.[464]
- 79% agreed that we are already in or at the edge of a New Age and that non-human intelligence plays a role in that.
- 74% believe that evolutionary forces are already at work, transforming humanity as a whole into a more self-conscious, spiritually sensitive species.
- 55% saw energy beings;[465]
- 52% saw human-looking beings;
- 51% saw small Greys;
- 33% saw tall Greys;
- 26% saw hybrids;
- 25% saw reptilians; and
- 21% saw insectoid/mantis beings.
- 95% had a paranormal experience.
- 49% stated that family members also had contact with non-human intelligence.
- 55% (= 1,636) have received a telepathic message from non-human intelligence.
- of these, 62% (= 1,010) in turn received a download (telepathic transmission of information) concerning advanced science, physics or technology.
- 46% have experienced a loss of time.
- 81% (= 1,950) had an out-of-body experience.

In the **German study**, 153 participants stated that they had seen an intelligently controlled vehicle in the sky or on the ground, which (apparently) was not man-made. In 89 cases, there were other witnesses. 94

people saw the spacecraft on the ground, 54 of them at a distance of less than three hundred meters; 20 participants even saw the UFO less than thirty meters away. 82 participants had an ET contact in our physical 3D reality; 42 said they had been physically touched by an ET.

Human-looking beings were most frequently observed (30), followed by small Greys (29), tall Greys (18), reptilians (11), insectoids or mantis-like beings (7) and hybrids (6). On the sympathy scale, the human-looking extraterrestrials clearly scored best (judged positive by 54%), while the Greys and Reptilians were mostly judged positive as well as negative. 24 participants claimed to have a conscious memory of having been aboard a spaceship. 17 participants replied that they had been dematerialized on their way into the spacecraft and were moving through physical objects. Small Greys were observed 19 times on board and tall Greys 11 times, which is far more often than other species.

22 participants lost between fifteen minutes and twenty-four hours of their time (mostly between one to three hours). Of 52 participants who reported having found themselves in a matrix-like reality, 42 (81%) felt that this multidimensional experience was as real as a conversation with a family member. 78 participants had an out-of-body experience. 72 participants stated that they had made a prediction about the future, which then occurred. 50 people reported to have seen small colored or luminous orbs (mostly white).

Of course, all these results must first be viewed with caution. As this is an anonymous study, nothing is known about the seriousness, intentions and psychological condition of the individual participants, so that distortions due to inappropriate or incorrect data are to be expected. Such possible data errors can only be minimized by a high number of participants and identified by a precise statistical evaluation – also in a cross-country comparison. FREE therefore expects that the statistical significance of the study results can be further increased as the study progresses, also by including other countries and languages.

Currently, the study is stopped. When humanity as a whole now – after the Pentagon disclosure – wants to find out more about the underlying contact phenomenon, maybe this (or a similar) study will be continued globally on a much larger scale.

FREE has published initial findings from the study in the recognized *Journal of Scientific Exploration* (»Study on Reported Contact with Non-Human Intelligence Associated with Unidentified Aerial Phenomena«).[466] In the paper, the authors Hernandez, Dr. Schild, former FREE board member Dr. Robert Davis and Russel Scalpone argue that the FREE study suggests a link between contact experiences with non-human intelligent beings (UFO-related or not) and certain physical, psychological and paranormal consequences, including altered states of consciousness. They point out that most experiences are considered as positive and that most of them are of a non-physical nature.

According to the authors, the results suggest that a non-physical contact experience is distinctly different from a physical one and both should be studied as separate but interrelated anomalous events. The study corroborates the finding of other researchers that have shown a link between those contact experiences and out-of-body experiences (OBEs), which were reported by 80.4% (=1,381), as well as near-death experiences (NDEs).[467] Australian researcher and FREE co-founder Mary Rodwell wrote already in 2010 that an ET contact causes a (positive) change in human consciousness which not only leads to personal growth but also opens up the possibility of perceiving other realities.

The hologram model of the universe, mentioned before, is based on quantum mechanical considerations. Several authors have outlined in internal FREE papers that the properties of UFOs, OBEs, NDEs, remote viewing, channeling and other paranormal phenomena correspond to the basic principles known from quantum mechanics. This includes, among other things, non-locality, entanglement and an instantaneous transmission of information in a dimension without time and space.

It is important to know that quantum mechanics assigns wave properties to the smallest building blocks of our world, the elementary particles. An electron is therefore not regarded as a material point-like particle but corresponds to a wave distributed over the entire cosmos. The wave function describing the electron is interpreted as a probability wave which indicates the probability that the electron can be found at a certain location. Until a measurement is made, the location of the electron remains indeterminate or

uncertain, as quantum physicists say.

This wave character of the particles is closely related to the terms »non-locality« and »entanglement«. For example, one can produce so-called entangled photons in the experiment. Before a measurement, a certain property of both photons, the spin (simplified: its angular momentum), is indeterminate. If the spin of one photon is now measured, the spin of the other photon is determined by this event. At the same moment (instantaneously), the measuring process at the first photon leads to a change of state of the second photon, independent of the spatial distance between both particles. The physicist and bestselling author Brian Greene writes about this entanglement of quantum states:

> »If two photons are entangled, the successful measurement of either photon's spin about one axis ›forces‹ the other, distant photon to have the same spin about the same axis; the act of measuring one photon ›compels‹ the other, possibly distant photon to snap out of the haze of probability and take on a definitive spin value – a value that precisely matches the spin of its distant companion. And that boggles the mind.«[468]

This is indeed hardly comprehensible from the point of view of Einstein's theory of relativity since it postulates the speed of light as a speed limit. Quantum mechanical entanglement, on the other hand, points to a non-local, i.e. instantaneous interaction between two particles over distances. Above all, it is this property of non-locality that is apparent in various paranormal phenomena such as remote viewing or telepathy.

It has already been discussed that indeed other levels of reality seem to exist, the perception of which depends crucially on our state of consciousness, i.e. the state of our brain wave activity. In any case, the experiments carried out in my hypnosis practice have shown that the ability of remote viewing was significantly increased in the alpha state of light trance. In this sense, the authors of the FREE paper also note that contact experiences with non-human intelligence primarily raise questions about consciousness and reality. It is therefore time for the brightest minds among our scientists to ask themselves these questions. And it is already foreseeable

that the answers to these questions won't be found within our familiar world view based on outdated western dogmas.

## EXCERPT FROM THE FREE RESEARCH STUDY

Below you can find a part of the more than five hundred questions of FREE's research study. These questions have been compiled by scientists and researchers with several decades of experience in ET contact research who have jointly investigated hundreds of these cases. The questions are intended to show the wide range of phenomena associated with UFO-related ET contacts as well as the numerous psychological, spiritual, religious and ideological aspects that arise for those affected by contact with non-human intelligence. In the FREE study, the questions are further subdivided into subsections, which are omitted in the following excerpt:

### Family history of the contact

Has anyone else in your family had contact with a non-human intelligent being (=ET)?

Has anyone else in your family had paranormal experiences?

Do you have a highly intelligent gifted child that you believe is a result of ET intervention?

Has your spouse experienced some of your ET contact experiences with you being present?

Has your spouse experienced ET contact experiences without you being present?

Have any of your children experienced ET contact experiences with you being present?

Have any of your children experienced ET contact experiences without you being present?

### Contact experiences

Have you seen an intelligently controlled craft in the sky or on the ground that was not man-made?

If the craft was seen on the ground, how close was it?

Have other witnesses also seen the craft/UFO?

Have any members of your family seen a UFO?

Did you have an encounter with an ET where the ET was not physically present?

How many times did you have this kind of encounter where the ET was NOT physically present?

Do you think you had any kind of interaction (via language, channeling, telepathy, etc.) with an invisible, non-human intelligent being?

Did you experience involve some type of telepathic or thought transference, or direct knowing, being given you by an ET?

Was this information conveyed to you via »channeling« (process of receiving messages or inspiration from extradimensional beings or spirits, whereby one is a medium or channel for such an entity)?

Have you ever had some form of contact with an ET where you perceived the ET here on Earth in a 3D reality?

How often have you had this kind of contact where an ET was physically present?

Were you alone in your ET contact experience?

If you were with someone, please indicate how many witnesses were with you during this experience.

Have you ever been taken and relocated to another location?

Can you describe the type of ET you have observed?

Do you have a film or photo related to the ET contact experience where an ET was physically seen?

Besides observing this non-human intelligent being, have you in any way interacted with this being?

How would you describe your experience(s)? (mostly positive / mostly negative / as positive as negative / neutral / I am not sure)

Was there any kind of craft/spaceship in connection with the ET contact experience?

Do you have any CONSCIOUS memory of being aboard a UFO?

How did you get to the craft?

Did you have any type of contact with an ET aboard a craft?

Do you ever recall operating a UFO craft?
Do you recall seeing an ET operate the UFO craft?
Do you know what powers the UFO craft and what type of energy is used?
Do you know the approximate dimensions of the UFO?
What was the shape of the UFO crafts you have seen?
Were you taken on board the UFO by an ET on a tour?
Have you ever been aboard a UFO as a child?
If you were taken aboard a UFO, do you know why this happened?
Do you remember helping other people aboard the UFO (for example, by calming them down)?
Were you allowed to walk aboard the UFO unaccompanied by an ET?
If you have noticed a loss of time, do you know how much time you were missing?
Do you think you've ever been to any other planet?
Describe the environment in which you were taken.
Do you think you were in some kind of military facility on Earth?
[…]

**Nature of the ETs**

Do you believe that you have observed a non-human intelligent being (ET)?
Can you describe which group of ETs you have observed?
Besides observing this non-human intelligent being, have you in any way interacted with this being?
Has/have this/these being(s) worked with another type of being? If so, what kind was this?
Do you remember helping ETs or supporting them in any way?
Have you ever had the strong feeling of having to complete a mission or important task without knowing where that compulsion came from?
Do you know in advance when an ET will visit you? Have the ETs ever paralyzed you?
If you were taken elsewhere, do you know why the ETs took you?

If you could stop your ET contact experiences, would you do so?

Do you feel that some kind of great plan is being implemented and that all the experiencers are a part of it?

Do you believe that any of these ETs have performed a medical healing on either you or another member of our family?

Do you believe that you are involved in an alien breeding program (that genetic material was taken from you for the creation of another being)?

If you think you are part of an alien breeding program, what kind of ET do you think is involved in this program?

If you think you are part of an alien breeding program, do you know the purpose of this breeding program?

If you think you are part of an alien breeding program, do you think you have an alien hybrid child or children?

If you believe that you are part of an ET breeding program, were you ever presented an ET child and told that this child was yours?

Have you ever seen an ET in a uniform? If so, what kind of ET was this?

Have you ever seen an ET in a monk's robe, and if so, what color was the robe?

Did you see the ET float through the air?

Did you see the ET walk on the ground?

Were you ever placed in a state of paralysis either before or after seeing an ET?

Did you ever wake up and see an ET in your bedroom?

Did an ET every physically touch you?

Did any ET ever hurt you?

Do you believe ETs in general are bad/malevolent/evil?

Do you believe that ETs in general are good/benevolent?

Did you ever sense or feel a sense of love from any of these ETs?

Did you ever sense of feel a sense of hate or evil from any of these ETs?

Have you had contact with an ET in which you were asked to do something, or agree to do something, for them in the future?

[…]

**Information received**

Did you receive any type of communication from an ET?

Was the communication in your native language?

Was any of this communication in writing? For example, through automatic writing or you receiving some type of document.

Did the ET communicate information to you concerning you or your family's role in the ET contact?

If your entire family has been targeted for ET contact, did the ETs tell you why your family was targeted?

Did the ETs ever tell you why you were being targeted for contact?

Did the ETs provide you with a spiritual message to you?

If applicable, did the ETs provide you with information concerning the ET's genetic program?

Did the ETs express to you concern about humanity's behavior?

Did the ETs tell you why they work clandestinely, in stealth, secretly?

Did the ETs give you information about implants?

Did the ETs provide you information concerning advanced physics?

Did the ETs provide you with any information about any science topic that was not physics related?

Did the ETs tell you about where they are from?

[…]

# 7 OUTLOOK

What can we draw as a conclusion from all these findings about ET contacts in general and the thousands of abduction cases in particular? What is in store for us as humanity in this respect? What does it mean, for example, that the strangers repeatedly present various apocalyptic scenarios such as earthquakes, tidal waves and nuclear wars and that such images constantly appear in the dreams of abductees?[469]

A connection between the announced disaster and the genetic breeding program of the extraterrestrials seems obvious. This is also supported by the statement of Joe, who is convinced of having an alien part.

Accordingly, the purpose of this program is to ensure the continuity of the human genome and to cross it with other species in the spacecraft and throughout the cosmos.[470] The reproductive acts initiated by the extraterrestrials are necessary so that »humans are not lost in their race and their seed and their knowledge, [for] human beings are in trouble … A storm is brewing«.[471] An electromagnetic catastrophe is said to impend as a result of the negative technologies developed by man.

This could mean that humanity here on Earth is on the verge of extinction, while the hybrid descendants on board the spacecrafts will live on and repopulate the Earth in due course. Peter explains that in the face of the expected destruction of the Earth, hybrid children are like poppy seeds that will be scattered around the Earth.[472]

Also the researcher Dolores Cannon was informed in the context of an ET-channeling that in the case of a destruction of the Earth the repopulation would take place out of the new race created by the ETs, a »new race with only the most positive qualities«.[473] Apparently, the Greys' program is intended to preserve the human genome in the event of a global catastrophe. However, it is not yet clear whether this conservation measure is being taken for purely altruistic reasons.

In addition to the Greys, there seem to be other alien races active on Earth. Therefore, the obvious question is whether ET civilizations would intervene to protect humanity in the event of a global catastrophe. After all, not only doomsday scenarios but also the arrival of countless UFOs play a role in the vivid dreams of those affected.[474] Betty Hill was one of the experiencers who had such a dream of a global catastrophe and a sky filled with UFOs.[475] One also wonders what to think about the fact that so many experiencers have the intense feeling of an impending but intangible mission, and in some cases can even remember training and teaching scenes.[476] Professor Jacobs speaks of »play scenes« and tests carried out with the abductees, in which they had to operate complex equipment or perform tasks.[477] Christine Quiblier, for example, reports that she was brought to a kind of training at night, where she was taught specific knowledge.[478] The lessons even went so far that experiencer Lisa was shown how to fly a spaceship;[479] another detailed description of an ET flying lesson comes from Suzy Hansen.[480]

A young man also described to me a memory of how the aliens instructed him to steer their craft. Amy summarizes the feeling of so many experiencers of an impending uncertain task very aptly with the words:

> »I’ve always felt my task, but I never knew it.«[481]

Sometimes the strangers suggest that such tasks or duties are related to the announced disaster and that people would remember all the knowledge they had learned only at the right time. Accordingly, all the training and knowledge transfer seem to serve to prepare abductees for a future event. The researcher Mike Clelland suspects that the aliens avoid conscious contact and instead place certain information directly in the subconscious of the abductees.[482] Leah Haley’s testimony corroborates this idea:

> »Information is stored in many of us. […] We can’t survive without this information reservoir. We need everything, but we don’t need it yet. We’ll need it soon.«[483]

This fits in with what was told Suzy Hansen by the ETs: During and after a time of chaos, the Greys will progressively awaken the experiencers (often children), unlocking certain memories and abilities.[484]

A further mystery is in which form not only abductees but also researchers working in this field are part of a great plan. Besides Dr. Carla Turner and Kathleen Marden, who both had ET contact themselves, the author Raymond Fowler is another example of the interrelations between researchers and the phenomenon. He found out that numerous events speak for him and members of his family being experiencers themselves.[485] In addition, the contact between researchers and experiencers seems – at least in some cases – not to be established by chance. For example, Amy felt a kind of compulsion to contact abduction researcher Dr. Karla Turner and not another researcher.[486] Jane also received messages saying that she should work specifically with Turner.[487] And when Polly asked about Turner's book project she was told that her books were part of a much larger work.[488] When I read these passages in Dr. Turner's book, it seemed very familiar to me. Especially from the beginning of 2017, several experiencers communicated the same to me: They contacted me because they felt a clear urge to share their experiences for the first time.

Besides these apparently guided contacts, I noticed synchronicities again and again. Psychologist Carl Gustav Jung describes synchronicities as meaningful coincidences experienced by an individual that connect an event of his or her inner world with an event in the outer world.[489] These temporally correlated events are not linked by a causal relationship but are perceived and interpreted as interconnected, related to one another by meaning.[490] Such events are only significant for me if they clearly cannot be explained by mere chance or selective perception: Something happens that shouldn't actually happen.

Researcher and author Mike Clelland has investigated not only the appearance of owls, but also synchronicities in the lives of abductees. He found out that abductees (and he himself) often notice synchronicities in their lives.[491] In connection with the ET contact phenomenon, these synchronicities can, in my opinion, only be understood as subliminal hints.

These events often seem to confirm a chosen path or provide the impetus for a new approach. Several people involved in UFO research as well as those affected (both groups may be identical anyway as just shown) told me about such strange experiences. The abduction researcher Raymond Fowler even wrote a book about the numerous synchronicities in his life.

This begs the question: *Might all these people unconsciously be involved in a rescue plan of the strangers whose complexity exceeds our imagination by far?*

We have already seen several examples of misleading first impressions in connection with the UFO phenomenon. Possibly the picture conveyed to us by the Greys is incomplete or even wrong. Can we really rely on the assumption that the clandestine operation of the strangers, unnoticed by our consciousness, ultimately serves our salvation? Individual pieces of information raise at least some doubts.

Dr. Karla Turner, for example, describes a message she received about the current genetic manipulation of the human race and the alien attempt to replace us with a more suitable variant. According to this, the extraterrestrials are said to mainly work with deception by exploiting and intensifying global events (including meteorological phenomena such as floods, hurricanes, and earthquakes). This is to make us believe that the planet is in imminent danger. Dr. Turner continues:

> »This is why they force the ideas of coming destruction upon so many abducted people and tell them that they will then have tasks to fulfil. They want us as a race to be so afraid of this impending destruction that when they openly show themselves and offer to save us in one way or another, we will gladly accept this help, even if it means giving up our birthright as the superior species on this planet.«[492]

In view of such statements, the question arises as to who is being deceived by whom. Are good-willed aliens preparing an evacuation for Day X, and are negative ETs trying to thwart these plans by creating fear of an alien invasion and takeover?

Or is everything the other way around? Should the constant

announcements of global destruction really, as Dr. Turner claims, make us willingly surrender to an extraterrestrial occupying power?

These crucial questions are difficult to answer for two main reasons. On the one hand, several, partly anonymous players with unknown motives are involved in this cosmic confusion. And on the other hand, deliberate disinformation is repeatedly scattered and deception is practiced.

It is so difficult to see through the motives of the strangers, among other things, because there are various – positive and negative – species at work that pursue different agendas.[493] In this sense, Beth assumes that different forces are part of the overall phenomenon, while she – like Leah Haley – has the impression that »a struggle between good and evil« is raging; similarly, Jane has the feeling that both negative and positive beings or groups may have dealt with her.[494] And Betty Luca was warned by a Grey that there were other extraterrestrials who were not good for humanity.[495]

In any case, the reports suggest that the spectrum of the ETs' intentions ranges very far. At the top end of the positive side there might be human-looking, good-natured angelic beings, whom some experiencers have met. These have long, very light or blond hair, blue eyes and wear long white robes. Betty Luca had an encounter with these »elders«, Leah Haley met such a »teacher« and even a woman from Germany told me how she came together with such benevolent beings as can be seen in Betty Luca's drawings.[496] However, it is not entirely clear whether Leah Haley's »teacher« is identical to Betty Luca's »elders«, since Betty described them as pale, while Leah Haley remembers a tanned skin of the »teacher«. After all, it could also be the energy beings described by the Maya witnesses that can take any (humanoid) form they wish to.

With other figures in the scope of the ET contact phenomenon the classification is even more problematic. This applies, for example, to creatures dressed in a long coat and broad-brimmed hat, which repeatedly appear in the bedrooms of those affected. Around 1984 Franziska Metz had such an experience in Würzburg, Germany.[497] The person dressed in an old-fashioned coat, sunglasses and hat suddenly appeared in her locked room at night and sat down on her bed. She doesn't remember what happened after that. I received similar reports from two witnesses; many more are found in

the cases of other abduction researchers. Are they »disguised« aliens (e.g. Greys) or a hallucination (screen memory) generated by them, or are they simply human-looking ETs with an antiquated fashion taste? In any case, these figures are similarly bizarre as the *Men in Black*, dressed in dark suits and wearing sunglasses, who visit, question and sometimes intimidate UFO witnesses.

Another category of enigmatic bedroom visitors are creatures wearing long, hooded cowls or capes.[498] Some of them seem to be Greys, as they have already been sighted with such clothing.[499] One experiencer told me how she saw a tall Grey beside her bed at night that wore a dark cape (she compared it with the robes that judges or lawyers wear before court). Also, the reptilians sometimes wear capes. But other yet unidentified creatures could hide in the shadow of these hoods as well.

Jens Heller, for example, saw cape-dressed figures with large black eyes, but he could not recognize the disproportionately large heads typical of Greys under the hoods.[500] Possibly – if his memory did not deceive him – the shape of the head under the hood could not be seen well. But it could also have been a hybrid as well as a previously unknown species.

The same applies to Winfried Amberger's observation. As part of an examination scenario aboard a spaceship, he saw a tall Grey and small figures with skull-like heads wearing capes.[501]

So far, we simply know too little about all these species to be able to assess their role in the overall scenario. What is certain, however, is that the different beings have different attitudes towards people (from positive to neutral to negative, see FREE study) and probably also pursue individual agendas (from altruistic to selfish or even hostile). In this sense, Leah Haley came to the conclusion that »both good and evil are represented at every level: among the aliens, among the people, in our government and in the military«.[502] This conflict between opposing alien as well as human groups could in part be a reason for the memory blockades imposed on the abductees. At least Leah Haley was told this. Accordingly, her memories were erased because she was too closely monitored by the Greys' opponents; she was told that her memories would be detrimental to her mission.[503]

The fact that the alien beings secretly proceed using their mental

superiority as a means of deception does not make the whole matter any easier. Dr. Karla Turner is also concerned about the deceptions and manipulations that have been repeatedly observed. She writes that dealing with the deceptive abilities of the aliens could be the decisive problem facing abduction research today.[504] After all, the extraterrestrials can create any perception and therefore any illusion among the abductees, whether by intellectual, supernatural or technical means (as Dr. Turner explains).[505] Such staging of alternative physical realities is called the »Oz effect« in UFO research, in reference to the figure from the children's book *The Wizard of Oz*. As critical as Dr. Turner, Professor Mack writes on this subject:

> »There is something rather frightening about this. For it confronts us with just how arbitrary the physical reality within which we happen now to find ourselves may be. All that is required for this to be abruptly changed, so it seems, is the choice on the part of some other intelligence with a power greater than our own to do so.
>
> We have, as the abduction phenomenon seems repeatedly to tell us, little control over the reality that surrounds us.«[506]

As if the situation were not already confusing enough due to the different ET species, the human factor also comes into play. It is completely unclear how the U.S. military relates to the UFO and abduction phenomenon. In any case, there are numerous reports of witnesses from the USA who, following UFO activities, observed (often black) unmarked helicopters flying over the area concerned.[507]

Debbie Jordan, for example, describes how, after a UFO landing on her property on 30 June 1983, her house was flown over several times a day by black helicopters at low altitudes, which even followed her family on car journeys.[508] Betty Luca's family also frequently witnessed black unmarked helicopters fly over their home and car.[509] In addition, after ET encounters, the affected persons are interrogated by military personnel or followed by conspicuous men dressed in black clothes.[510]

In my own investigations, there was also a case with a possible link

between abduction experiences and U.S. military stationed in Germany. In six cases (out of eight) investigated by Dr. Turner for her book *Taken*, even a cooperation between military personnel and aliens was observed.[511] In her book *My Abductions by Aliens and the U.S. Military* (translation of the German title), Leah Haley describes several such experiences. She was drugged by humans and given the posthypnotic order not to remember anything, otherwise she would be punished.[512] Using electric shocks, they also tried to find out from her what the grey aliens had done to her in the spaceship.[513] On various occasions she was also able to observe ETs together with military personnel.

This shows that there are different kinds of aliens active, which pursue different agendas and co-operate partly with certain humans or groupings.[514]

This scenario corresponds in its basic elements to the fragmentary memories of Debbie Jordan.[515] Debbie remembers being surrounded in a clinical environment by six men in orange overalls and caps and two older men in white coats. She was placed on a table and various body samples were taken and injections administered. Then one of the »doctors« apparently removed an implant from her body using a long metallic instrument. While he pulled the object out of her ear and showed it to her, he explained to her that she wouldn’t remember anything anyway.

Charmaine D’Rozario-Saytch also claims to have been drugged and transferred to a military base on English soil.[516] And there are many other reports that suggest an alarmingly close connection of the U.S. military to the UFO phenomenon. My German research colleagues also told me about a case in which a private pilot was interrogated and massively intimidated by U.S. military personnel after a UFO encounter in German airspace. He and his family were threatened with consequences should he ever talk to other people about his experience.

It is therefore possible that the U.S. military knows much more about the ET contacts that have been taking place for decades including their background. As a result, however, we can expect the Pentagon – even in the course of the ongoing UFO disclosure – to neither confirm nor deny any of this. Thus, for the time being, we have no choice but to continue to systematically evaluate and weigh up the findings from thousands of

abduction cases and perhaps catch a glimpse of the overall scenario behind them. In this concluding chapter, it was important for me to show a wide range of possible scenarios without committing myself to any of these options. However, it is evident that there are a lot of aspects that are worth shedding some light on them. In my opinion, they are all connected in a very complex human-ET-interdimensional game of creation. The dark side of this cosmic interplay manifests itself in a cruel mind control program of the CIA (Project MKULTRA) and in the ritual abuse committed by globally networked satanic cults and family structures. My research did not only reveal a horrible connection between both but also a global agenda pursued by the military-satanic complex.

In Part 1 of my book *Dark New World Order*, I describe the highly sophisticated mind control mechanism of the perpetrators (CIA and cults) that creates an army of mental slaves by using torture, sexual abuse, drugs and hypnosis in order to split up the minds of children into programmable personality parts.

But that's another story …

Instead, and for now, I would first like to thank you, dear readers, for your openness in reading this book. I wish you much success and the necessary patience in integrating the breathtaking, fantastic new insights into your personal world view.

Mankind is not only on the eve of, but already in the middle of a historical paradigm shift.

## Epilog: Disclosure

After leading U.S. newspapers reported on a Pentagon UFO research program in December 2017 and interviews were broadcasted on CNN and other U.S. television stations with the former head of the program Luis Elizondo and one of the navy pilots that encountered a UFO, I hastily wrote a short supplement for the manuscript of the first German edition of this book that had already been completed at that time.

In this »Outlook«, I expressed my view that the December publications were only the start of a comprehensive disclosure campaign by the US government/Pentagon or the masterminds pulling the strings in the background (some call them the »U.S. shadow government«). Over the last three and a half years, this assumption was repeatedly confirmed.

Some of the milestones were a March 2018 article in the *Washington Post* under the heading »The military keeps encountering UFOs. Why doesn't the Pentagon care?« (besides many more U.S. mainstream media articles), the mini series *Unidentified: Inside America's UFO Investigation* on HISTORY Channel and James Fox's documentary *The Phenomenon* (October 2020). The preliminary highlight of this orchestrated endeavor is the Pentagon's report on UAP published on 25 June 2021.

I have no knowledge of the final scenario the current disclosure campaign is aiming at. However, an analysis of the previous publications might speak for a cleverly engineered plan. First of all, it is clear that former intelligence officials and military pilots would never freely report their experiences in the media if this were not approved by the highest authorities. The fact that the information on the Pentagon's UFO program were made public in agreement with the Department of Defense is shown in particular by the release of the three Navy videos of UFO encounters, later confirmed by the Pentagon. But why is all this happening? At the latest, episode 6 of *Unidentified* made the tenor of the campaign clear: We have definite proof of the existence of UFOs. And: The U.S. government does not care about it although it concerns national security. The mainstream media coverage picked up this approach

again and again. The cited memorandum on the subject of flying saucers of 2 October 1952, addressed to the Director of Central Intelligence, demonstrates that the U.S. government did already know 70 years ago that flying saucers might pose an »element of danger«. It is hard to believe that the U.S. government, the military and the intelligence community just ignored this danger for decades. Thus, the official story presented to the public is not convincing.

Therefore, I cannot rule out the possibility that a tactic is applied on us here that has been described by researcher and author David Icke: If the (shadow) government wants to introduce a critical law they can manipulate the way people think and feel until the people demand the government to introduce the laws that it wants to introduce anyway.[517] With regard to the Pentagon's UFO disclosure, this tactic might ensure that, over time, calls for an official investigation of UFOs will increase, from the media, members of Congress, scientists, and the general public. There will then be an official investigation (apparently) under the eyes of the public, which will come to the following conclusions: (1) The UFO phenomenon is real, (2) the extraterrestrial hypothesis is the most likely explanation for it (as the *COMETA Report* concluded twenty years ago), and (3) there is a threat to the national security. The hidden masterminds have then achieved their goal:

1) The recognition of the UFO phenomenon has been carefully brought to the attention of the public.
2) The timing and scope of disclosure will remain in the hands of the U.S. (shadow) government and will not be left to UFO research groups, individual scientists or other nations.
3) The U.S. government does not have to admit and justify leaving the public ignorant and lying about the UFO issue for decades. After all, the entire campaign was based on the premise that the military and government had not cared about the UFO phenomenon out of indifference and therefore knew nothing about it.
4) For the same reason, the U.S. (shadow) government will not be forced to disclose its actual knowledge of UFOs and aliens. According to rumors, this includes not only technical developments based on seized alien technology, but also contacts to alien beings and (maybe) secret U.S.

space programs.

5) Global countermeasures against the alleged UFO-threat will be put in place under the leadership of the U.S. government.

Regarding step 5, a staged alien attack (e.g., alleged shoot-down of a U.S. military fighter jet by a UFO) could easily boost the public call for a global military defense scenario with accompanying measures that limit individual freedoms. How do I get to this assumption? Research for *Dark New World Order* showed that there exists a military-satanic complex that is aiming at the implemention of a new satanic world order. This requires a global controlling power. An excellent cause for the introduction of a global government or command would be an alien threat from the outside. This idea is not new. U.S. president Ronald Reagan explained in September 1987 before the United Nations General Assembly:

> »Perhaps we need some outside, universal threat to make us recognize this common bond. I occasionally think how quickly our differences worldwide would vanish if we were facing an alien threat from outside this world.«[518]

If true, in the following quotation attributed to former U.S. Secretary of State Henry Kissinger the idea was further elaborated at a Bilderberger Meeting in May 1992:

> »Today Americans would be outraged if U.N. troops entered Los Angeles to restore order; tomorrow they will be grateful. This is especially true if they were told there was an outside threat from beyond, whether real or promulgated, that threatened our very existence. It is then that all peoples of the world will plead with world leaders to deliver them from this evil. The one thing every man fears is the unknown. When presented with this scenario, individual rights will be willingly relinquished for the guarantee of their well being granted to them by their world government.«[519]

Thus, this plan might now enter the critical phase.

However, this hypothetical scenario is just an assumption based on my personal assessment of the UFO disclosure campaign and my research into the CIA's Project MKULTRA and the phenomenon of ritual abuse. Therefore, it is also possible that some positive forces within the Pentagon have come to the conclusion that the public should be informed about the reality of UFOs and is capable of coping with it.

Either way, we will find out soon…

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# NOTES

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[35] Hopkins, in: *Eindringlinge*, p. 39; Jordan/Mitchell, *Entführung!*, p. 42.
[36] Hopkins, *Eindringlinge*, p. 28.
[37] Hopkins, *Eindringlinge*, p. 60; Jordan/Mitchell, *Entführung!*, p. 42.
[38] Clarke, *Encounters with Star People*, p. 42 et seq.
[39] Hansen, *The Dual Soul Connection*, p. 50 et seq.

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[44] Mendonça/Lamb, *Meet the Hybrids*, Preface.
[45] See on the unconscious consent of those affected, Cannon, *Custodians*, pp. 543 et seq. Frequently there is also talk of a kind of »*soul contract*« which the abductee entered into before his incarnation as a human being in order to participate in the project of the aliens. Hansen gives a detailed description of this concept in her book *The Dual Soul Connection*.
[46] Fiebag, *Kontakt*, p. 272 et seq.
[47] Turner, *Eingriff*, p. 55 et seq.
[48] Fowler, *The Andreasson Affair*, p. 228.
[49] Hansen, *The Dual Soul Connection*, p. 119.
[50] See Turner, *Eingriff*, pp. 184, 257; Mack, *Entführt von Außerirdischen*, p. 177; Cannon, *Custodians*, pp. 186, 309.
[51] Fiebag, *Besucher aus dem Nichts*, pp. 25, 117; Clarke, *Sky People*, pp. 51, 127; Fowler, *The Andreasson Affair*, p. 32.
[52] Cannon, *Custodians*, p. 309.
[53] Royal/Priest, *Besucher von Innen*, pp. 84 et seq.
[54] Hansen, *The Dual Soul Connection*, p. 213 et seq.
[55] Hansen, *The Dual Soul Connection*, p. 198.
[56] Fiebag, *Besucher aus dem Nichts*, p. 95.
[57] Fiebag, *Besucher aus dem Nichts*, p. 9.
[58] Dr. Henning Alberts, »Ein erzkonservativer Standpunkt zu einem modernen Phänomen«, in: Fiebag, *Besucher aus dem Nichts*, p. 232.
[59] Turner, *Eingriff*, p. 220.

[60] Mack, *Entführt von Außerirdischen*, p. 547.
[61] See Clarke, *Sky People*.
[62] See a recent example for a case of cattle mutilation in the USA at https://www.northqueenslandregister.com.au/story/5633519/mutilated-cattle-work-of-aliens/ (accessed June 21, 2021). See the case of cattle mutilation reported by Sarah and Tim in Clarke, *Encounters with Star People*, pp. 2 et seq. and the case reported by the Maya Alonzo in Clarke, *Sky People*, p. 75 (both cases containing many similarities with the aforementioned news report).
[63] See Eve's description of a Grey in Clarke, *Encounters with Star People*, p. 147, and Enrique's description in Clarke, *Sky People*, p. 62.
[64] In this respect, however, one must point out that only Barney describes the type of the grey alien exactly, while Betty's description, strangely enough, deviates from it in essential points, for example with regard to her description of the entities' noses and hair, cf. also Vallée, *Dimensionen*, pp. 138 et seq.
[65] Friedman/Marden, *Captured!*, p. 32; Fuller, *The Interrupted Journey*, pp. 14 et seqq.
[66] Friedman/Marden, *Captured!*, p. 37.
[67] Fuller, *The Interrupted Journey*, p. 294.
[68] Fuller, *The Interrupted Journey*, p. 322; Valleé, *Dimensionen*, p. 135.
[69] Hopkins, *Eindringlinge*, p. 21.
[70] Clelland, *The Messengers*, p. 291.
[71] Fiebag, *Kontakt*, p. 111.
[72] See for Dr. Chi at https://www.theguardian.com/science/shortcuts/2019/apr/29/alien-abduction-secret-breeding-programme-oxford-lecturer (accessed June 21, 2021).
[73] See at https://www.psychologytoday.com/intl/conditions/dissociative-amnesia (accessed June 21, 2021).
[74] Hansen, *The Dual Soul Connection*, p. 118.
[75] This was the case, for example, with Steve Kilburn, see Hopkins, *Fehlende Zeit*, pp. 96 et seq.; see also Fowler, *Die Allagash Entführungen*, p. 53, as well as Cannon, *Custodians*, pp. 150 et seq.
[76] Fowler, *Die Wächter*, p. 182.

[77] Fowler, *Die Allagash Entführungen*, pp. 254, 259.
[78] Turner, *Eingriff*, p. 186.
[79] Fowler, *Die Wächter*, p. 32, see also p. 38.
[80] Hopkins, *Eindringlinge*, pp. 62 et seq.
[81] Hopkins, *Eindringlinge*, p. 35; Hopkins, *Fehlende Zeit*, pp. 247 et seq.
[82] Mack, *Entführt von Außerirdischen*, p. 195.
[83] Jacobs, *Bedrohung*, pp. 39 et seq.
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[85] Hopkins, *Entführt ins All*, pp. 403 et seqq.
[86] Clarke, *Space Age Indians*, pp. 157, 163 et seq.
[87] Budd Hopkins, »UFO-Entführungen – Eine Realität«, in: Fiebag, *Besucher aus dem Nichts*, p. 188.
[88] Royal/Priest, *Vorbereitung auf den Kontakt*, pp. 183 et seq.
[89] Royal/Priest, *Vorbereitung auf den Kontakt*, p. 184.
[90] Royal/Priest, *Vorbereitung auf den Kontakt*, pp. 178 et seq.
[91] Fiebag, *Besucher aus dem Nichts*, p. 77.
[92] Mack, *Passport to the Cosmos*, p. 66.
[93] Gerd W. Höchsmann, »Psychologische Betrachtung des Entführungsphänomens«, in: Fiebag, *Besucher aus dem Nichts*, pp. 149 et seqq.; see further psychological studies cited on pp. 306 et seq. of the FREE-study.
[94] We had already discussed that this kind of reality does not necessarily have to coincide with our everyday conception of reality.
[95] Mack, *Entführt von Außerirdischen*, p. 64.
[96] Fiebag, *Kontakt*, pp. 191 et seqq.
[97] Dr. Henning Alberts, »Ein erzkonservativer Standpunkt zu einem modernen Phänomen«, in: Fiebag, *Besucher aus dem Nichts*, p. 225.
[98] Budd Hopkins, »UFO-Entführungen – Eine Realität«, in: Fiebag, *Besucher aus dem Nichts*, p. 186; Hopkins, *Eindringlinge* p. 279; Jordan/Mitchell, *Entführung!*, p. 154.

[99] Marden, *FREE-book, Chapter 7*, p. 475.
[100] Haley, *Meine Entführungen durch Außerirdische und das US-Militär*, p. 45.
[101] Cf. Fowler, *Die Wächter II*, pp. 248 et seq.; Fowler, *Die Allagash Entführungen*, pp. 299 et seqq.
[102] Bullard, quoted after Fowler, in: *Die Wächter II*, pp. 262 et seq. as well as in: *The Allagash Kidnappings*, pp. 310 et seq.
[103] See also https://de.wikipedia.org/wiki/Schlafparalyse (accessed June 21, 2021).
[104] See https://de.wikipedia.org/wiki/Schlafparalyse (accessed June 21, 2021).
[105] Dr. Thomas Deutschbein, »Veränderte Bewusstseinszustände im Zusammenhang mit UFOEntführungserfahrungen«, in: Fiebag, *Besucher aus dem Nichts*, pp. 235 et seq.
[106] Clarke, *Sky People*, pp. 31, 50, 156, 161 et seq., 183, 203, 227, 265.
[107] Monroe, *Der zweite Körper*, p. 53.
[108] Fiebag, *Kontakt*, p. 89.
[109] Turner, *Eingriff*, p. 29; similar to the description by Betty Luca in Fowler, *Die Wächter*, p. 181.
[110] Clarke, *Sky People*, pp. 151 et seq., 233, 237.
[111] See https://de.wikipedia.org/wiki/Atomkern (accessed June 21, 2021).
[112] Whereby, according to the quantum-mechanical conception, this space is filled by so-called electron clouds, which represent the local probability of the electron. See also Morehouse, *Remote Viewing*, pp. 85 et seq.
[113] Friedman/Marden, *Captured!*, p. 120.
[114] Jacobs, *Bedrohung*, p. 84; Mack, *Entführt von Außerirdischen*, p. 215.
[115] Fuller, *The Interrupted Journey*, p. 187; Friedman/Marden, *Captured!*, pp. 120, 124; Fowler, *Die Allagash Entführungen*, pp. 63, 222; Mack, *Entführt von Außerirdischen*, p. 225.
[116] See for example Hopkins, *Fehlende Zeit*, p. 205, and Fowler, *The Andreasson Affair*, pp. 70, 72.
[117] Hopkins, *Fehlende Zeit*, pp. 113 et seq.

[118] Hopkins, *Fehlende Zeit*, pp. 123 et seq.
[119] See for example Fowler, *Die Allagash Entführungen*, pp. 91, 172.
[120] Fowler, *Die Allagash Entführungen*, pp. 132, 315; Friedman/Marden, *Captured!*, pp. 123 et seq., Turner, *Eingriff*, pp. 27 et seq.; Mack, *Entführt von Außerirdischen*, p. 216.
[121] Friedman/Marden, *Captured!*, p. 123; Barney Hill reports, for example, how a small tube was rectally inserted into his body, see Friedman/Marden, *Captured!*, p. 120. Jack Weiner also reports on such a procedure in: Fowler, *Die Allagash Entführungen*, p. 97.
[122] Fowler, *Die Wächter*, p. 36; Turner, *Eingriff*, pp. 28, 104; Mack, *Entführt von Außerirdischen*, p. 216; Fowler, *The Andreasson Affair*, p. 59 et seq.
[123] Hopkins, *Eindringlinge*, p. 70.
[124] Mack, *Entführt von Außerirdischen*, p. 216.
[125] Fowler, *Die Wächter*, p. 36; Hopkins, *Eindringlinge*, p. 87; Fowler, *The Andreasson Affair*, p. 65 et seq.
[126] Fowler, *Die Allagash Entführungen*, p. 222.
[127] Fowler, *The Andreasson Affair*, p. 59.
[128] Friedman/Marden, *Captured!*, p. 126.
[129] Turner, *Eingriff*, pp. 74 et seq.; Fiebag, *Besucher aus dem Nichts*, p. 26; Hopkins, *Eindringlinge*, pp. 236 et seq.; Jacobs, *Bedrohung*, p. 15; Haley, *Meine Entführungen durch Außerirdische und das US-Militär*, pp. 81, 147.
[130] Fowler, *Die Wächter*, pp. 326 et seq.; Hopkins, *Eindringlinge*, pp. 189 et seq., 198 et seq.; Fowler, *Die Allagash Entführungen*, pp. 94, 143; Mack, *Entführt von Außerirdischen*, pp. 87, 137, 141, 374, 412.
[131] Jacobs, *Bedrohung*, p. 12; Friedman/Marden, *Captured!*, pp. 121 et seq.
[132] FREE-study, p. 332.
[133] Turner, *Eingriff*, p. 221.
[134] Turner, *Eingriff*, p. 76.
[135] Mack, *Passport to the Cosmos*, p. 281.
[136] Mack, *Entführt von Außerirdischen*, pp. 114 et seq.
[137] Mack, *Passport to the Cosmos*, p. 282; Turner, *Eingriff*, p. 75.
[138] Jacobs, *Bedrohung*, pp. 15, 68.

[139] Jacobs, *Bedrohung*, p. 42.
[140] Mack, *Passport to the Cosmos*, pp. 97, 282.
[141] Jacobs, *Bedrohung*, pp. 74 et seq.
[142] See Turner, *Eingriff*, p. 79; Jacobs, *Bedrohung*, pp. 69 et seqq.
[143] Hopkins, *Eindringlinge*, pp. 187 et seq.
[144] Jacobs, *Bedrohung*, pp. 70 et seq.
[145] Turner, *Eingriff*, p. 78.
[146] Mack, *Entführt von Außerirdischen*, p. 152.
[147] Mack, *Entführt von Außerirdischen*, p. 419.
[148] Mack, *Entführt von Außerirdischen*, p. 228.
[149] Mack, *Entführt von Außerirdischen*, pp. 241 et seq.
[150] Friedman/Marden, *Captured!*, pp. 129 et seq.
[151] See for Raul Manuel's experience Clarke, *Sky People*, pp. 41 et seq.
[152] See for example the case of Jack and Jim Weiner, in: Fowler, *The Allagash Abductions*, pp.352, 354.
[153] Further information on the IGAAP EMG project can be found at https://www.igaap-de.org/forschungsprojekte/emg-projekt/.
[154] Hopkins, *Eindringlinge*, p. 87.
[155] Fowler, *Die Wächter*, p. 36.
[156] Turner, *Eingriff*, p. 259.
[157] Mack, *Entführt von Außerirdischen*, p. 252.
[158] See among others Turner, *Eingriff*, p. 221; Hopkins, *Eindringlinge*, pp. 69 et seq.
[159] Fowler, *The Andreasson Affair*, p. 59 et seq.
[160] Jacobs, *Bedrohung*, p. 66.
[161] Haley, *Meine Entführungen durch Außerirdische und das US-Militär*, p. 43.
[162] Jacobs, *Bedrohung*, p. 66.
[163] For example in the case of Joe, see Mack, *Entführt von Außerirdischen*, p. 252. See also Cannon, *Custodians*, p. 198.
[164] Fuller, *The Interrupted Journey*, p. 177.
[165] Cannon, *Custodians*, p. 199.

[166] Jacobs, *Bedrohung*, p. 66.
[167] Haley, *Meine Entführungen durch Außerirdische und das US-Militär*, p. 145.
[168] Hansen, *The Dual Soul Connection*, p. 150 et seq.
[169] Leir, *The Aliens and the Scalpel*, pp. 160 et seq., 182.
[170] Leir, *The Aliens and the Scalpel*, p. 160.
[171] See the presentation by Dr. Leir, available on YouTube at https://www.youtube.com/watch?v=CgiPe6-5X3s (accessed June 21, 2021).
[172] See the presentation by Dr. Leir, available on YouTube at https://www.youtube.com/watch?v=CgiPe6-5X3s (accessed June 21, 2021).
[173] See at https://academy-of-mind.de (accessed June 21, 2021).
[174] See at http://signallinie.info/dasentfuehrungsphaenomen/#herr-s (accessed June 21, 2021).
[175] See Jacobs, *Bedrohung*, pp. 11 et seq. for more information.
[176] Clarke, *Encounters with Star People*, pp. 115 et seq.
[177] See e.g. Fowler, *Die Allagash Entführungen*, pp. 42, 90.
[178] See e.g. Fowler, *Die Allagash Entführungen*, pp. 56 et seq., Mack, *Entführt von Außerirdischen*, p. 213.
[179] It would be pointless to list all the identical descriptions here. As examples I refer to the descriptions of the Greys given by Betty Luca, in: Fowler, *Die Wächter*, p. 247, and in: Fowler, *The Andreasson Affair*, p. 33, by Jim and Jack Weiner in: Fowler, *Die Allagash Entführungen*, pp. 62, 88, by Kathie Davis and Steven Kilburn in: Hopkins, *Eindringlinge*, pp. 34, 77, and by Bernd Jentsch in: Fiebag, *Kontakt*, p. 122.
[180] Mack, *Entführt von Außerirdischen*, p. 213.
[181] Haley, *Meine Entführungen durch Außerirdische und das US-Militär*, p. 45.
[182] Jacobs, *Bedrohung*, p. 77; Mack, *Entführt von Außerirdischen*, p. 217.
[183] Clarke, *Sky People*, p. 284.
[184] Clarke, *Encounters with Star People*, pp. 95, 147, 162; Clarke, *Sky People*, p. 62.
[185] Hopkins, *Fehlende Zeit*, p. 100; Mack, *Entführt von Außerirdischen*, p.

185.
[186] Fiebag, *Kontakt*, pp. 103 et seq.
[187] Mack, *Entführt von Außerirdischen*, p. 188.
[188] Mack, *Entführt von Außerirdischen*, p. 225.
[189] Jacobs, *Bedrohung*, pp. 90 et seqq.
[190] Jacobs, *Bedrohung*, p. 85; Cannon, *Custodians*, p. 181.
[191] Clarke, *Encounters with Star People*, p. 147.
[192] See Fowler, *Die Allagash Entführungen*, pp. 65, 98.
[193] Hopkins, *Eindringlinge*, p. 105.
[194] See document CIA-RDP96-00788R001100130001-6 (1), available at https://www.cia.gov/library/readingroom/home (accessed July 29, 2019).
[195] Fowler, *Die Wächter*, p. 247; Fowler, *Die Allagash Entführungen*, p. 57.
[196] Fiebag, *Besucher aus dem Nichts*, p. 83.
[197] Hopkins, *Eindringlinge*, p. 250.
[198] Hopkins, *Eindringlinge*, p. 214.
[199] Fuller, *The Interrupted Journey*, p. 175; Friedman/Marden, *Captured!*, p. 130 et seq.
[200] Fuller, *The Interrupted Journey*, p. 175; Friedman/Marden, *Captured!*, p. 131.
[201] An illustration of the map drawn by Betty can be found in Fuller, *The Interrupted Journey*, p. 144.
[202] See Friedman/Marden, *Captured!*, p. 235 et seqq.; Fuller, *The Interrupted Journey*, pp. 325 et seq.
[203] See http://www.openminds.tv/et-interactions-214/5339 (accessed January 28, 2017); see also Royal/Priest, *Besucher von Innen*, p. 9.
[204] See at https://www.youtube.com/watch?v=ymdX39u38Zc (accessed January 28, 2017).
[205] See Royal/Priest, *Besucher von Innen*, pp. 23 et seqq.
[206] See the document at https://siriusdisclosure.com/evidence/project-aquarius-documents/ (accessed July 19, 2019).
[207] Clarke, *Sky People*, pp. 163 et seqq., 238.
[208] Fowler, *Die Wächter*, p. 59; Jacobs, *Bedrohung*, pp. 89, 125; Haley,

*Meine Entführungen durch Außerirdische und das US-Militär*, pp. 140 et seq.; Fiebag, *Kontakt*, p. 219; Mack, *Entführt von Außerirdischen*, pp. 185, 218 et seq.; Hansen, *The Dual Soul Connection*, p. 186.

[209] Mack, *Entführt von Außerirdischen*, pp. 168, 179, 186.

[210] Fowler, *Die Wächter*, p. 93.

[211] Hopkins, *Eindringlinge*, pp. 226 et seq., 241 et seq.

[212] FREE-study, p. 332.

[213] Fiebag, *Besucher aus dem Nichts*, pp. 91 et seq.

[214] Jacobs, *Bedrohung*, p. 14.

[215] Fiebag, *Besucher aus dem Nichts*, p. 8.

[216] Mack, *Entführt von Außerirdischen*, p. 186.

[217] Mack, *Entführt von Außerirdischen*, p. 164.

[218] See also Jerry's assessment that a new race should be created; Mack, *Entführt von Außerirdischen*, p. 179

[219] Jacobs, *Bedrohung*, p. 226.

[220] Hopkins, *Eindringlinge*, p. 49; Jacobs, *Bedrohung*, p. 108; Fiebag, *Kontakt*, p. 88.

[221] Turner, *Eingriff*, p. 224.

[222] Mack, *Entführt von Außerirdischen*, p. 151.

[223] Mack, *Entführt von Außerirdischen*, p. 264.

[224] Mack, *Entführt von Außerirdischen*, p. 419.

[225] Jordan/Mitchell, *Entführung!*, p. 247.

[226] Fiebag, *Besucher aus dem Nichts*, p. 84.

[227] Mack, *Entführt von Außerirdischen*, p. 420.

[228] Haley, *Meine Entführungen durch Außerirdische und das US-Militär*, p. 81.

[229] Fowler, *Die Wächter*, pp 61, 450 et seq.

[230] See at http://www.spiegel.de/spiegel/print/d-8889912.html (accessed June 22, 2021).

[231] M. Rolland et al., »Decline in semen concentration and morphology in a sample of 26,609 men close to general population between 1989 and 2005«, in: *France. Hum. Reprod*. 28, 462–470 (2013).

[232] See at http://www.taz.de/!5077749/; http://www.spiegel.de/wissenschaft/medizin/fruchtbarkeit-spermien-zahl-sinkt-laut-franzoesischer-studie-a-871091.html (each accessed June 22, 2021).
[233] See at http://www.fr.de/wissen/gesundheit/medizin/studie-aus-spanien-spermien-anzahl-sinkt-pro-jahr-um-zwei-prozent-a-768005 (accessed June 22, 2021).
[234] See at https://www.blick.ch/news/schweiz/alarmierend-die-qualitaet-der-spermien-wird-immer-mieser-jeder-sechste-schweizer-ist-praktisch-unfruchtbar-id3483772.html (accessed June 22, 2021).
[235] See at https://www.blick.ch/news/schweiz/alarmierend-die-qualitaet-der-spermien-wird-immer-mieser-jeder-sechste-schweizer-ist-praktisch-unfruchtbar-id3483772.html (accessed June 22, 2021).
[236] Helena E. Virtanen et al., »Semen Quality in the 21st century«, in: *Nature Reviews Urology* 14, 120-130 (2017), available at http://www.nature.com/nrurol/journal/v14/n2/full/nrurol.2016.261.html (accessed June 22, 2021).
[237] Chuan Huang et al., »Decline in semen quality among 30,636 young Chinese men from 2001 to 2015«, in: *Fertil Steril* 107, 83-88 (2017).
[238] Levine et al., »Temporal trends in sperm count: a systematic review and meta-regression analysis«, in: *Human Reproduction Update*, pp. 1-14, 2017, available at https://academic.oup.com/humupd/article/doi/10.1093/humupd/dmx022/4035( trends-in-sperm-count-a-systematic-review (accessed June 22, 2021). See also the article in *Süddeutsche Zeitung* at http://www.sueddeutsche.de/wissen/fruchtbarkeit-maenner-produzieren-weniger-spermien-1.3602413 (accessed June 22, 2021).
[239] Levine et al., »Temporal trends in sperm count: a systematic review and meta-regression analysis«, in: *Human Reproduction Update*, p. 9, 2017.
[240] M. F. Costello et al., »No decline in semen quality among potenzial sperm donors in Sydney, Australia, between 1983 and 2001«, in: *J. Assist. Reprod. Genet.* 19, 284-290 (2002).
[241] See at https://www.blick.ch/news/schweiz/alarmierend-die-qualitaet-der-

spermien-wird-immer-mieser-jeder-sechste-schweizer-ist-praktisch-unfruchtbar-id3483772.html (accessed June 22, 2021).

[242] Helena E. Virtanen et al., »Semen Quality in the 21st century«, in: *Nature Reviews Urology* 14, 120-130 (2017), available at http://www.nature.com/nrurol/journal/v14/n2/full/nrurol.2016.261.html (accessed June 22, 2021).

[243] In the aforementioned article by *Schweizer Blick* at https://www.blick.ch/news/schweiz/alarmierend-die-qualitaet-der-spermien-wird-immer-mieser-jeder-sechste-schweizer-ist-praktisch-unfruchtbar-id3483772.html (accessed June 22, 2021).

[244] See in the above article of *Der Spiegel* at http://www.spiegel.de/spiegel/print/d-8889912.html.

[245] Hansen, *The Dual Soul Connection*, p. 63.

[246] Jacobs, *Bedrohung*, pp. 86, 233.

[247] Jordan/Mitchell, *Entführung!*, pp. 23, 82; see also Cannon, *Custodians*, pp. 131, 153, 166.

[248] Hansen, *Dual Soul Connection*, pp. 130 et seq.

[249] Fowler, *Die Wächter*, p. 36.

[250] See Hopkins, *Entführt ins All*.

[251] Mack, *Entführt von Außerirdischen*, pp. 150 et seq.

[252] Mack, *Entführt von Außerirdischen*, p. 223.

[253] Mack, *Entführt von Außerirdischen*, p. 223.

[254] Mack, *Entführt von Außerirdischen*, p. 239.

[255] Mack, *Entführt von Außerirdischen*, p. 239.

[256] Royal/Priest, *Vorbereitung auf den Kontakt*, pp. 178 et seq.

[257] Mack, *Entführt von Außerirdischen*, p. 449.

[258] Mack, *Entführt von Außerirdischen*, p. 449.

[259] Cannon, *Custodians*, p. 331.

[260] See for instance Cannon, *Custodians*, p. 439.

[261] The book *Passport to the Cosmos* by John Mack deals mainly with this transformational aspect of ET contact experiences.

[262] Jordan/Mitchell, *Entführung!*, pp. 247 et seq.

[263] Jordan/Mitchell, *Entführung!*, p. 249.
[264] Fiebag, *Besucher aus dem Nichts*, pp. 33 et seq.
[265] Fiebag, *Besucher aus dem Nichts*, p. 75.
[266] Mack, *Entführt von Außerirdischen*, p. 414.
[267] Mack, *Entführt von Außerirdischen*, p. 232.
[268] Mack, *Entführt von Außerirdischen*, p. 533.
[269] Fowler, *Die Allagash Entführungen*, p. 264.
[270] Fowler, *Die Wächter*, pp. 365 et seq.
[271] Hopkins, *Eindringlinge*, p. 26.
[272] Fowler, *Die Allagash Entführungen*, pp. 284 et seq.
[273] Turner, *Eingriff*, p. 223.
[274] Turner, *Eingriff*, pp. 55, 75.
[275] Fiebag, *Besucher aus dem Nichts*, p. 27; Turner, *Eingriff*, pp. 94, 127, 134; Haley, *Meine Entführungen durch Außerirdische und das US-Militär*, p. 41.
[276] Fiebag, *Kontakt*, pp. 147 et seq.
[277] Cannon, *Custodians*, p. 473, see also pp. 518 et seq.
[278] Marden, *FREE-book, Chapter 7*, p. 474.
[279] Hansen, *The Dual Soul Connection*, p. 57.
[280] Haley, *Meine Entführungen durch Außerirdische und das US-Militär*, p. 44.
[281] Hopkins, *Eindringlinge*, pp. 25, 194 et seq.; Fowler, *Die Allagash Entführungen*, p. 284.
[282] Turner, *Eingriff*, p. 223.
[283] Haley, *Meine Entführungen durch Außerirdische und das US-Militär*, p. 39.
[284] Turner, *Eingriff*, pp. 39, 135.
[285] Fiebag, *Kontakt*, pp. 221 et seqq.
[286] See for example at http://aaarc.abduct.com/index.htm (accessed June 22, 2021).
[287] Ruppelt, *The Report on Unidentified Flying Objects*, p. 181.
[288] Turner, *Eingriff*, p. 233.

[289] Clarke, *Encounters with Star People*, p. 116.
[290] Hopkins, *Eindringlinge*, p. 78.
[291] Fiebag, *Kontakt*, p. 121.
[292] Jordan/Mitchell, *Entführung!*, p. 30.
[293] Jordan/Mitchell, *Entführung!*, p. 30.
[294] Hopkins, *Eindringlinge*, p. 59; see also Hopkins's comments in footnote 7.
[295] Jordan/Mitchell, *Entführung!*, p. 43.
[296] Jordan/Mitchell, *Entführung!*, p. 42.
[297] Hopkins, *Eindringlinge*, p. 171.
[298] Hopkins, *Eindringlinge*, p. 81.
[299] Fiebag, *Kontakt*, p. 264.
[300] Mack, *Entführt von Außerirdischen*, pp. 112, 161.
[301] Hansen, *The Dual Soul Connection*, p. 153.
[302] For example, Betty desribes hearing such a noise when the long needle was stuck up her nose, see Fowler, *The Andreasson Affair*, pp. 60, 62.
[303] Fiebag, *Besucher aus dem Nichts*, p. 133.
[304] Fowler, *Die Allagash Entführungen*, pp. 322 et seq.
[305] Turner, *Eingriff*, p. 224.
[306] Turner, *Eingriff*, pp. 72 et seq., 133.
[307] Clelland, *The Messengers*, p. 57.
[308] FREE-study, p. 313.
[309] Jordan/Mitchell, *Entführung!*, pp. 85 et seqq., 97 et seqq.
[310] Jordan/Mitchell, *Entführung!*, p. 88.
[311] Fiebag, *Kontakt*, pp. 269 et seqq.
[312] See the article of *Spiegel Online* at http://www.spiegel.de/einestages/spuk-von-rosenheim-a-951312.html (accessed June 22, 2021).
[313] Royal/Priest, *Vorbereitung auf den Kontakt*, p. 138.
[314] Royal/Priest, *Vorbereitung auf den Kontakt*, pp. 138 et seq.
[315] Royal/Priest, *Vorbereitung auf den Kontakt*, p. 139.
[316] Huber, *Multiple Persönlichkeiten*, p. 113.

[317] Turner, *Eingriff*, p. 220, see also p. 159.
[318] FREE-study, p. 313.
[319] Turner, *Eingriff*, pp. 70, 103.
[320] Fiebag, *Besucher aus dem Nichts*, p. 124; Jordan/Mitchell, *Entführung!*, p. 29; Mack, *Entführt von Außerirdischen*, p. 161.
[321] FREE-study, p. 313.
[322] Cannon, *Custodians*, p. 342.
[323] Hansen, *The Dual Soul Connection*, p. 198.
[324] Cannon, *Custodians*, pp. 39, 43.
[325] Cannon, *Custodians*, pp. 44 et seqq.
[326] Cannon, *Custodians*, pp. 337, 340.
[327] Clelland, *The Messengers*, p. 66.
[328] Clelland, *The Messengers*, p. 66.
[329] Hansen, *The Dual Soul Connection*, p. 146.
[330] FREE-study, p. 313.
[331] Fiebag, *Besucher aus dem Nichts*, p. 26; Hansen, *The Dual Soul Connection*, p. 14.
[332] Hopkins, *Eindringlinge*, pp. 142 et seq.
[333] Budd Hopkins, »UFO-Entführungen – Eine Realität«, in: Fiebag, *Besucher aus dem Nichts*, pp. 185 et seq.
[334] FREE-study, p. 313.
[335] Mack, *Entführt von Außerirdischen*, p. 161.
[336] Turner, *Eingriff*, p. 223.
[337] Turner, *Eingriff*, pp. 95, 134.
[338] Fiebag, *Besucher aus dem Nichts*, p. 64.
[339] FREE-study, p. 313.
[340] Fowler, *Die Wächter*, p. 92; Hopkins, *Eindringlinge*, p. 254.
[341] Fiebag, *Kontakt*, p. 204.
[342] Hopkins, *Eindringlinge*, p. 84; Jordan/Mitchell, *Entführung!*, pp. 294 et seqq.
[343] Jordan/Mitchell, *Entführung!*, p. 298.
[344] Mack, *Entführt von Außerirdischen*, pp. 226 et seq.

[345] Clarke, *Sky People*, pp. 163 et seqq., 238.
[346] Fiebag, *Kontakt*, pp. 188 et seqq.
[347] Jacobs, *Bedrohung*, p. 108.
[348] Jordan/Mitchell, *Entführung!*, p. 298.
[349] According to Wikipedia, this information is available at https://de.wikipedia.org/wiki/Fehlgeburt (accessed June 22, 2021), without source.
[350] See http://www.praenatalzentrum.de/cms/index.php?option=com_content&task=view&id=47&Itemid=39 (accessed February 3, 2017; not available anymore).
[351] See at http://www.baby-und-familie.de/Schwangerschaft/Fehlgeburt-Viele-Abgaenge-bleiben-unbemerkt-301495.html (accessed June 22, 2021); consultant expert for this article: Prof. Dr. med. Bettina Toth, Senior Physician in the Department of Gynaecological Endocrinology and Fertility Disorders at Heidelberg University Hospital, Head of the Fertility Outpatient Clinic.
[352] See at http://www.baby-und-familie.de/Schwangerschaft/Fehlgeburt-Viele-Abgaenge-bleiben-unbemerkt-301495.html
[353] Turner, *Eingriff*, p. 224.
[354] Turner, *Eingriff*, p. 180.
[355] Hopkins, *Eindringlinge*, p. 29; see also Jordan/Mitchell, *Entführung!*, pp. 62 et seq.
[356] Jordan/Mitchell, *Entführung!*, pp. 81 et seq.
[357] Fiebag, *Besucher aus dem Nichts*, p. 26.
[358] Fowler, *Die Wächter*, p. 47.
[359] Hopkins, *Eindringlinge*, p. 30.
[360] Mack, *Entführt von Außerirdischen*, pp. 221 et seq., 224 et seq.
[361] Fowler, *Die Wächter*, pp. 191, 242.
[362] Hansen, *The Dual Soul Connection*, p. 37.
[363] Clarke, *Sky People*, pp. 133, 232, 237.
[364] Turner, *Eingriff*, p. 224, see also p. 93.
[365] Hopkins, *Eindringlinge*, p. 77.

[366] Turner, *Eingriff*, p. 242.
[367] Fowler, *The Andreasson Affair*, p. 231.
[368] Jacobs, *Bedrohung*, p. 127.
[369] Hansen, *The Dual Soul Connection*, p. 85.
[370] Mack, *Entführt von Außerirdischen*, p. 205.
[371] Jacobs, *Bedrohung*, p. 131.
[372] Jacobs, *Bedrohung*, pp. 129 et seq.
[373] Cannon, *Custodians*, p. 40.
[374] Hopkins, *Fehlende Zeit*, p. 180,
[375] Hopkins, *Fehlende Zeit*, p. 220 et seq., 223.
[376] Fiebag, *Kontakt*, pp. 124 et seq.
[377] Fowler, *Die Allagash Entführungen*, p. 195.
[378] Turner, *Eingriff*, p. 127; Fiebag, *Besucher aus dem Nichts*, p. 121; Mack, *Entführt von Außerirdischen*, pp. 162 et seq., 398.
[379] Cannon, *Custodians*, pp. 54 et seq.
[380] Clelland, *The Messengers*, p. 34.
[381] Clelland, *The Messengers*, pp. 35 et seq.
[382] Clelland, *The Messengers*, p. 88.
[383] FREE-study, p. 313.
[384] Hansen, *The Dual Soul Connection*, p. 31.
[385] Fowler, *Die Wächter II*, p. 322; see also Fowler, *Die Allagash Entführungen*, p. 206.
[386] Clarke, *Sky People*, pp. 30, 62, 117, 149, 152, 231, 265 et seq., 279.
[387] Clarke, *Sky People*, pp. 235 et seq.
[388] Hansen, *The Dual Soul Connection*, p. 120.
[389] Hansen, *The Dual Soul Connection*, p. 203, see also p. 210.
[390] Fowler, *Die Wächter*, p. 72.
[391] Fowler, *Die Wächter*, p. 40.
[392] Turner, *Eingriff*, p. 72.
[393] Fowler, *Die Allagash Entführungen*, p. 205
[394] Jordan/Mitchell, *Entführung!*, p. 91.
[395] Fowler, *Die Wächter*, p. 76.

[396] Clarke, *Sky People*, p. 151.
[397] See Fowler, *Die Wächter*, p. 35; Hopkins, *Eindringlinge*, p. 131, Hopkins, *Fehlende Zeit*, pp. 154 et seq.; Clarke, *Sky People*, pp. 152, 237; Clarke, *Encounters with Star People*, p. 148.
[398] Fiebag, *Besucher aus dem Nichts*, p. 127.
[399] Clarke, *Sky People*, pp. 233 et seq.
[400] Jacobs, *Bedrohung*, p. 223.
[401] Gerd W. Höchsmann, »Psychologische Betrachtung des Entführungsphänomens«, in: Fiebag, *Besucher aus dem Nichts*, p. 160.
[402] Fiebag, *Kontakt*, pp. 268 et seq.
[403] Targ, *The Reality of ESP*, p. 128.
[404] Turner, *Eingriff*, p. 225, see also p. 124.
[405] *Grill Flame Project Report* of the Defense Intelligence Agency dated October 19, 1983, p. 1.
[406] »Psychoenergetics Research. Defense Intelligence Agency. Directorate for Scientific and Technical Intelligence«, dated August 7, 1984, p. 27.
[407] *Grill Flame Project Report* of the Defense Intelligence Agency dated October 19, 1983, p. 10.
[408] *Grill Flame Project Report* of the Defense Intelligence Agency dated October 19, 1983, p. 11.
[409] See page 10 of document »CIA-RDP96-00789R003200160001-9«.
[410] McMoneagle, *Mind Trek*, p. 29.
[411] Targ, *The Reality of ESP*, pp. 119 et seq.
[412] See at https://de.wikipedia.org/wiki/Trägheitsfusion (accessed June 22, 2021).
[413] Page B-23 et seq. of the document »CIA-RDP96-00789R003200160001-9«.
[414] Document »CIA-RDP96-00789R002600360002-3«.
[415] Buchanan, *The Seventh Sense*, p. 159; Targ, *The Reality of ESP*, p. 79.
[416] Targ, *The Reality of ESP*, p. 7.
[417] Targ, *The Reality of ESP*, p. 63.
[418] Targ, *The Reality of ESP*, p. 75.

[419] *Nature*, issue 251 of October 18, 1974, pp. 602-607.
[420] Targ, *The Reality of ESP*, pp. 19 et seqq.
[421] See https://www.researchgate.net/publication/232602235_Hypnosis_and_ESP_pe and https://www.researchgate.net/publication/287002366_ESP_under_hypnosis_T (each accessed June 22, 2021).
[422] See Targ, in: *The Reality of ESP*, pp. 2, 29 et seq.
[423] See at https://www.cia.gov/readingroom/document/cia-rdp96-00788r001000400001-7 (accessed June 22, 2021).
[424] *Coordinate Remote Viewing. Stages I – IV and Beyond. February 1985*, pp. 35 et seq.
[425] von Ludwiger/Nahm, »Apport Phenomena of Medium Herbert Baumann (1911-1998): Report on Personal Experiences«, in: *Journal of Scientific Exploration*, Vol. 30, No. 4, pp. 555-577, 2016.
[426] von Ludwiger, *Ergebnisse aus 40 Jahren UFO-Forschung*, pp. 314 et seqq.
[427] Targ, *The Reality of ESP*, p. 109.
[428] Mendonça/Lamb, *Meet the Hybrids*, Preface.
[429] See at https://www.youtube.com/watch?v=FB3ngWGwShs (accessed May 30, 2017).
[430] Mack, *Entführt von Außerirdischen*, p. 256.
[431] Mendonça/Lamb, *Meet the Hybrids*, p. 122.
[432] Cannon, *Custodians*, p. 446.
[433] Cannon, *Custodians*, pp. 271 et seq.
[434] Jacobs, *Bedrohung*, pp. 123 et seqq.
[435] Jacobs, *Bedrohung*, p. 125.
[436] Fiebag, *Kontakt*, p. 220.
[437] Soustelle, *Die Olmeken*, p. 60; Domenici, *Die Maya*, p. 31.
[438] These include the El Mirador complex (300 BC to 150 AD), which is dominated by the 72-metre-high Tapir pyramid, see Michael Zick, »Überraschung im Dschungel«, in: *bild der wissenschaft online*, issue:

10/2009, pp. 64 et seqq., available at https://www.wissenschaft.de/geschichte-archaeologie/ueberraschung-im-dschungel/ (accessed June 22, 2021).

[439] Aveni, *The End of Time*, p. 20.

[440] Videos in which tourist guides demonstrate this effect in Chichen Itzá can be downloaded from www.youtube.de (search words: Chichen Itzá, echo, quetzal).

[441] See the studies of David Lubman: »Archaeological study of chirped echo from the Mayan pyramid at Chichen Itza«, available at https://www.semanticscholar.org/paper/Archaeological-acoustic-study-of-chirped-echo-from-Lubman/0f274f3973a12529d80d1022697a90767902e4c9, and »Archaeological acoustic study of chirped echo from the Mayan pyramid at Chichen Itza, in the Yucatan Region of Mexico … Is this the world's oldest known sound recording? «, available at http://www.acoustics.org/press/136th/lubman.htm, and »Convolution-scattering model for staircase echoes at the temple of Kukulkan«, available at https://www.researchgate.net/publication/5325209_Convolution-scattering_model_for_staircase_echoes_at_the_temple_of_Kukulkan (each accessed June 22, 2021).

[442] Schele/Freidel, *Die unbekannte Welt der Maya*, p. 75.

[443] Thompson, *Die Maya*, pp. 23 et seq.

[444] Greene, *Der Stoff, aus dem der Kosmos ist*, p. 158.

[445] Quoted from Greene, *Der Stoff, aus dem der Kosmos ist*, p. 166.

[446] Fowler, *Die Wächter*, pp. 259, 291.

[447] Linda Schele/Mary Ellen Miller, »Die moderne Erfindung der alten Maya«, in: de Landa, *Bericht aus Yucatán*, pp. 234, 263.

[448] See for the following description of the creation history Freyler/Kiehl, *Popol Vuh*.

[449] Turner, *Eingriff*, p. 210.

[450] Turner, *Eingriff*, p. 211.

[451] Turner, *Eingriff*, p. 243.

[452] McMonaegle, *Remote Viewing Secrets*, p. 59.

[453] Morehouse, *Remote Viewing*, p. 62.

[454] Freyler/Kiehl *Popol Vuhp*, p. 80.
[455] Freyler/Kiehl, *Popol Vuh*, p. 81.
[456] Freyler/Kiehl, *Popol Vuh*, p. 80.
[457] See McMonaegle, *Mind Trek*, pp. 233 et seq.; Morehouse, *Remote Viewing*, p. 20.
[458] See a detailed report on these circumstances in the FREEBook, pp. xxv et seqq.
[459] See a detailed report on Rey Hernandez's contact experiences, including further family members, in the FREEbook, pp. xxii et seqq.
[460] Morehouse, *Remote Viewing*, p. 78.
[461] Morehouse, *Remote Viewing*, pp. 79 et seqq.
[462] See information on Heim's work at http://heim-theory.com/; see also Illobrand von Ludwiger's book *Das neue Weltbild des Physikers Burkhard Heim*.
[463] FREE-study, p. 298.
[464] FREE-study, p. 298.
[465] See for the types of beings observed Hernandez/Klimo/Schild, FREE-book, Chapter 1, p. 24.
[466] See at https://www.scientificexploration.org/docs/32/jse_32_2_Hernandez.pdf (accessed June 22, 2021).
[467] FREE-study, p. 326.
[468] Greene, *Der Stoff, aus dem der Kosmos ist*, p. 141.
[469] Jacobs, *Bedrohung*, p. 213; Mack, *Entführt von Außerirdischen*, pp. 88, 190, 434; Cannon, *Custodians*, p. 110.; Hansen, *The Dual Soul Connection*, p. 293.
[470] Mack, *Entführt von Außerirdischen*, p. 258.
[471] Mack, *Entführt von Außerirdischen*, p. 257.
[472] Mack, *Entführt von Außerirdischen*, p. 431.
[473] Cannon, *Custodians*, p. 325.
[474] In seven out of eight cases investigated by Karla Turner there were such dreams of many arriving UFOs, see Turner, *Eingriff*, p. 224 (see also pp. 74,

234).
[475] Marden, *FREE-book, Chapter 7*, p. 477 et seq.
[476] Clelland, *The Messengers*, p. 325; Jacobs, *Bedrohung*, pp. 220 et seqq. Also in seven out of eight cases examined by Dr. Karla Turner the women concerned have the feeling of having to fulfil a task, cf. Turner, *Eingriff*, p. 225 (see also pp. 67, 74, 98, 115, 121), for teaching lessons see pp. 76, 181, 242.
[477] Jacobs, *Bedrohung*, p. 15.
[478] Fiebag, *Besucher aus dem Nichts*, p. 27.
[479] Turner, *Eingriff*, p. 77.
[480] Hansen, *The Dual Soul Connection*, pp. 194 et seqq.
[481] Turner, *Eingriff*, p. 181.
[482] Clelland, *The Messengers*, p. 292.
[483] Haley, *Meine Entführungen durch Außerirdische und das US-Militär*, p. 148.
[484] Hansen, *The Dual Soul Connection*, p. 231.
[485] Fowler, *Die Wächter*, pp. 373 et seqq.
[486] Turner, *Eingriff*, p. 179.
[487] Turner, *Eingriff*, pp. 236, 241.
[488] Turner, *Eingriff*, p. 241.
[489] See Dr. Remo F. Roth, »Das UFO trägst Du in Deinem Bauch«, in: Fiebag, *Besucher aus dem Nichts*, pp. 189 et seqq.
[490] See at https://de.wikipedia.org/wiki/Synchronizität/ (accessed June 22, 2021)
[491] Clelland, *The Messengers*, p. 97.
[492] Turner, *Eingriff*, p. 211.
[493] See the experiences of Polly and Sam, in: Turner, *Eingriff*, p. 67.
[494] Turner, *Eingriff*, pp. 121, 146.
[495] Fowler, *Die Wächter*, p. 48.
[496] Haley, *Meine Entführungen durch Außerirdische und das US-Militär*, p. 149; Fowler, *Die Wächter II*, with drawings on pages 101, 107, 112, 129, 132, 133, 134, 138, 140, 146, 157, 166.

[497] Fiebag, *Kontakt*, pp. 64 et seq.
[498] See for instance the case of the Hartwig couple, in: Fiebag, *Kontakt*, pp. 77 et seq.
[499] So in the case of Michael Kellermann and his uncle Torsten Jeßberger, in: Fiebag, *Kontakt*, pp. 255 et seqq., who had identical memories of this incident. Michael Kellermann's aunt also remembers the visit of a typical Grey in her bedroom, which took place about two years later.
[500] Fiebag, *Kontakt*, p. 102.
[501] Fiebag, *Kontakt*, pp. 285 et seqq.
[502] Haley, *Meine Entführungen durch Außerirdische und das US-Militär*, p. 158.
[503] Haley, *Meine Entführungen durch Außerirdische und das US-Militär*, p. 158.
[504] Turner, *Eingriff*, p. 17.
[505] Turner, *Eingriff*, p. 16.
[506] Mack, *Entführt von Außerirdischen*, p. 394.
[507] Fowler, *Die Wächter*, p. 13 (foreword by Whitley Strieber); Turner, *Eingriff*, pp. 73, 112, 134.
[508] Jordan/Mitchell, *Entführung!*, pp. 105 et seq., 189.
[509] Fowler, *The Andreasson Affair*, p. 216.
[510] Turner, *Eingriff*, p. 81; Fowler, *The Andreasson Affair*, p. 216.
[511] Turner, *Eingriff*, p. 231.
[512] Haley, *Meine Entführungen durch Außerirdische und das US-Militär*, p. 144.
[513] Haley, *Meine Entführungen durch Außerirdische und das US-Militär*, p. 144.
[514] Leah Haley also noted that they were two different species, see Haley, *Meine Entführungen durch Außerirdische und das US-Militär*, p. 145.
[515] Jordan/Mitchell, *Entführung!*, pp. 112 et seq.
[516] Mendonça/Lamb, *Meet the Hybrids*, p. 85.
[517] Icke, *The Biggest Secret*, p. xv.
[518] See at http://www.cultureready.org/blog/reagans-1987-un-speech-alien-

threat-resonates-now (accessed June 22, 2021).

[519] See at http://libertytree.ca/quotes/Henry.Kissinger.Quote.2D8B (accessed June 22, 2021). Kissinger's participation in the meeting is shown by a document available at https://info.publicintelligence.net/bilderberg/BilderbergConferenceReport199 (accessed June 22, 2021).